



**Date of Birth:** 20/07/76, Athens, Greece.  
Languages: Greek, English

Psychology Practice Licence number: 13247/10  
Greek National Insurance Number: 20077606257  
British National Insurance Number: PB722894C

Father, Psychologist, Behaviour therapist, Bipolar disorders specialist

## FORMAL EDUCATION

2005 – 2010 **PhD (Institute Of Psychiatry, King's College London, University of London)**

**Title: A Prospective Investigation of Subsyndromal Symptoms in Bipolar Disorder**

(Supervisors: Professor Dinesh Bhugra / Professor Tom Craig) / Total Research funding: £224,330 (MRC, ARC, IOP grants)

1995-1999 **BSc Hons Psychology (1st class) (University Of Stirling, Scotland / UCLA)**

1997 - 1998 **BSc Hons Psychology, University of California, Los Angeles (UCLA)**

(3rd Year of Studies was completed at the University of California, Los Angeles on a scholarship)

## RESEARCH, TEACHING & CLINICAL SKILLS

- Clinical director of a specialist private practice, currently managing a team of 3 psychologists & 2 psychiatrists providing integrative care (psychotherapy, medication, hospital care, residential treatment) to patients with mood disorders (bipolar and depression) and comorbid pds (cluster B)
- Specialist CBT therapist for Bipolar and Depressive Disorders.
- 15+ years of research and clinical experience with patients with unipolar and bipolar disorders, and considerable experience in setting up and running treatment trials (responsible for 4 treatment trials at the Institute of Psychiatry (2002-2010)).
- 15+ years teaching experience; abnormal psychology, research methods in mental health, cultural psychiatry.
- Research supervision of 1 undergraduate and 3 postgraduate theses – all awarded merit; 7 lab interns
- Primary research interest in the psychosocial and clinical factors of relapse in mood disorders, particularly bipolar disorder; behavioural therapies, measurement of symptoms, mental health informatics.
- Secondary research interest in bipolar spectrum disorders, borderline, narcissistic and psychopathic personality disorders.
- Expert knowledge in semi-structured clinical diagnostic, symptom severity assessments (SCID I & II, SCAN, HAMD/YMRS) and life-charting methodologies (NIMH-LCM / LIFE).
- Good working knowledge of SPSS/ACCESS/Excel/Web design/PDA applications.
- Ability to work independently, lead a team, and disseminate research work as demonstrated by past projects.

## EMPLOYMENT

05/10 – Present **Founder & CEO BipolarLab.com** specialist private clinical practice  
(<http://www.BipolarLab.com> and the Hellenic Bipolar Organisation (NGO), [Dimiourgia.org](http://Dimiourgia.org))

02/12 – 08/12 - Psychologist, CMHT Zografou (Prof. G. Alevizopoulos), University of Athens

10/02- 04/10 **Research Psychologist, Institute of Psychiatry, King's College London**

2005 – 05/2010 – Sub-syndromal Symptom Variability in Bipolar Disorder (PhD project)

2008-2010 – Childhood experience and Attachment in Bipolar and Psychotic disorders (PIs: Prof. Dinesh Bhugra, Prof. Tom Craig)

2004-2005 - Rumination Focused Cognitive Behaviour Therapy for Residual Depression (RCT) (PIs: Dr Ed Watkins / Prof. J. Scott)

2002-2003 - Inpatient evaluation of Combined Treatment in the Affective Disorders Unit (PI: Dr A. Cleare)  
– Bethlem Royal Hospital, National Affective Disorder Service.

2002-2003 - Cognitive Behavior Therapy vs. Interpersonal Therapy for unipolar Depression (PI: Dr D. Lam)

10/00- 06/02 **National Military Service, Centre of Aviation Medicine, 251 GNA Hospital, Greek Airforce**  
09/1999- 08/00 **Honorary Research Assistant (Professor Chris Brewin), University College London**  
1997-1998 **Behaviour Therapist Trainee, Lovaas Institute for Early Intervention (LIFE), UCLA**

## TEACHING EXPERIENCE

2021 – Present – Organised a 3 year training course for graduate psychologists that provides specialist training on the Diagnosis and Behavior therapy treatments of Mood disorders; currently teaching Behavioral activation & Diagnostic methods in Mood disorders; Supervising the clinical practice of the trainees. (See <https://www.bipolarlab.com/training>)

2010 – Present – Seminars for Professionals, students and patients on Bipolar disorder and depression (EDO The Hellenic Bipolar Organization).

2007/2008/2009 - Lecturer on Diagnosis, Assessment, Phenomenology, and Psychological models of Bipolar Disorder (Doctorate of Clinical Psychology, Institute of Psychiatry) – workshops and lectures

2007/2008 - Lecturer on Diagnostic Interviews and Questionnaires in Mental health (MSc in Mental Health Research, Institute of Psychiatry) - workshops and lectures

2008/2009 - Lecturer on Movies and Madness and Cultural Psychiatry special study modules (undergraduate option module for 3rd year medical trainees at King's college / Director Professor Dinesh Bhugra)

2008/2010 - Lecturer on Cultural Psychiatry – Special Study Module (undergraduate option module for 3rd year medical trainees at King's college / Director Professor Dinesh Bhugra)

## PSYCHOTHERAPY SKILLS

2021 - Present - Attending the Beck Institute Training & Certification Programme (<https://beckinstitute.org>).

Refreshed training on CBT for Depression, Suicide, Bipolar, Anxiety disorders, Personality Disorders, Psychosis (CT-R treatment), Currently completing the supervision and certification process. Refreshed CBT training and working to get formal CBT certification.

2020 - Training in Functional Analytic Psychotherapy (FAP) with Jonathan Kanter, Washington university - Level I foundation training.

2011 - Present Practicing CBT therapist working with patients with Bipolar, Depressive, Psychotic disorders, Cluster B personality disorders, Substance use, Dual diagnosis. Community outpatient and inpatient settings.

1999 - 2010 Theoretical, Clinical & CBT training with Chris Brewin (UCL), Depression, Dominic Lam (King's College) for Bipolar disorders, Ed Watkins (Rumination Focused CBT, King's College) for Depression. Behavior Activation for Depression (Carl Lejuez). Clinical work in the Affective Disorders Unit, Bethlem Royal Hospital

2000 - 2002 Practicing Psychologist during National military service (Hellenic Airforce). Screened mental health personnel, provided supportive psychotherapy. Worked in military bases and in the main Hellenic Airforce hospital.

1997 - 1998 Behavior therapist trainee, 1 year theory and fieldwork practice on Applied Behavior Analysis with Autistic children at UCLA's Psychology department and the Lovaas Institute of Early Intervention (Prof. Lovaas, UCLA).

## GRANTS & AWARDS

2007/2009 **IOP Psychiatry Research Trust – (£2,070)**

2005/2007 **MRC Trial Platform Grant – (£220,000)** (Co-applicant with Professors Scott & Ferrier)

2004/2008 **British Council ARC Scholarship – Medical Informatics Scheme (£2,260)**

06/2000 **Ashley Montagu Academic Promise Award for 2000 (\$1000)**

**PUBLICATIONS - online @ drmalliaris.com**

- Chatziioannidis, S., Andreou, C., Agorastos, A., Kaprinis, S., **Malliaris, Y.**, Garyfallos, G., & Bozikas, V. P. (2019). The role of attachment anxiety in the relationship between childhood trauma and schizophrenia-spectrum psychosis. *Psychiatry research*, 276, 223-231.
- Skirrow, C., Ebner-Priemer, U., Reinhard, I., **Malliaris, Y.**, Kuntsi, J., & Asherson, P. (2014). Everyday emotional experience of adults with attention deficit hyperactivity disorder: evidence for reactive and endogenous emotional lability. *Psychological medicine*, 44(16), 3571-3583.
- Bhugra, D., Easter, A., **Malliaris, Y.**, & Gupta, S. (2011). Clinical decision making in psychiatry by psychiatrists. *Acta Psychiatrica Scandinavica*, 124(5), 403-411.
- Malliaris, Y.** (2011). A Prospective Investigation of Bipolar Sub-syndromal Symptoms and their Variability: Their Presence and Impact in the Course of Bipolar Disorder (Manic Depressive Illness). Doctoral Thesis. Institute of Psychiatry, King's College, University of London.
- Bhugra, D., **Malliaris, Y.**, Gupta, S. (2010) How Shrinks Think. *Australian Psychiatry*, vol. 18, no. 5, p.391-3
- Malliaris, Y.** (2010) MyiMonitor.com v. 1: a user-friendly mobile electronic diary for bipolar patients. *Annals of General Psychiatry*, 9 (Suppl 1):S12
- Bauer, M., Glenn, T., Grof, P., Rasgon, N. L., Marsh, W., Sagduyu, K., Alda, M. Murray, G., Quiroz, D., **Malliaris, Y.**, Sasse, J., Pilhatsch, M., Whybrow, P. C. (2009) Relationship among latitude, climate, season and self-reported mood in bipolar disorder. *Journal of Affective Disorders*.
- Watkins, E., Scott, J., Wingrove, J., Rimes, K., Bathurst, N., Steiner H., Kennell-Webb, **Malliaris, Y.** (2007) Rumination-focused Cognitive Behaviour Therapy for Residual Depression: a case series, [Behavior Research and Therapy](#).
- Malliaris, Y.**, Ferrier, N., Scott, J. (2006) Monitoring Bipolarity in the 21st Century: The MRC London/Newcastle eMonitoring Trial. Poster presented at the Edinburgh Conference of the International Society of Bipolar Disorders (2-4 August 2006) *Bipolar Disorders*, 8 (Suppl. 1), 1-68
- Laerhoven, K. V., Gellersen, H., **Malliaris, Y.** (2006) Long-Term Activity Monitoring with a Wearable Sensor Node. Body Sensor Network Conference. April 3 - 5, 2006, [MIT Media Lab, Workshop paper](#)
- Malliaris, Y.**, Watkins, E., Scott, J. (2006) Intrusive memories in residual depression: A test of Brewin's Schema Activation Hypothesis. Poster presented at the [International Society of Affective Disorders \(ISAD\) Lisbon Conference](#) (3 - 6 March 2006)
- Lam, D., Donaldson, C., Brown, Y., **Malliaris, Y.** (2005) Burden and Marital and Sexual Satisfaction in the Partners of Bipolar Patients. [Bipolar Disorders](#). 7 (5); 431
- Schaerer, L. & **Malliaris, Y.** (2003). The Palm Life Chart: an electronic mood diary for patients with Bipolar disorders. Poster presented at the 1<sup>st</sup> UK Mental Health Informatics conference organised by Computers in Psychiatry Special Interest Group (CIPSIG), Royal College of Psychiatrists.
- Malliaris, Y.** (2003). Life-Charting: Methodological advances in Bipolar disorder. [Pendulum](#) (Patient magazine published by the MDF The Bipolar Organisation, <http://www.mdf.org.uk>)
- Malliaris, Y.** (1999). Sociotropy/Autonomy and their Relationship to Repression: Towards "Coping-Friendly" Personality Styles in Affective Disorders. University of Stirling, Department of Psychology, Unpublished Undergraduate Thesis. Grade awarded: 1A (highest distinction in the department)

**REFEREES**

References can be provided upon request.