



Psychiatrist Profile

Dr Theo Theodoros

MBBS, B.Pharm, FRANZCP, Cert. Adult. Psych

Sub-specialties

- Psychotic disorders
- Mood disorders
- ADHD
- Personality disorders
- Anxiety disorders
- Psychopharmacology

Client groups

- Adults
- Young adults
- Youth

Languages

- English

Telehealth

Yes, upon request

Professional background

With a strong background in pharmacology, Dr. Theodoros is also a registered pharmacist. Having seen the potential risks and benefits of medications throughout his career, Dr Theodoros has been a strong advocate for the quality use of medicines, including prescribing and deprescribing where appropriate. He has participated in multiple committees, research projects and student supervision regarding the quality use of psychotropic medications.

Dr Theodoros completed his pharmacy and medical degrees at the University of Queensland and then went on to complete his psychiatry training in Queensland. Dr Theodoros also successfully completed an advanced training certificate in adult psychiatry. He has also completed training in youth psychiatry and is a member of the youth section of the RANZCP. Dr. Theodoros has also undergone training DBT (Dialectical Behavioural Therapy) and has experience as a DBT therapist.

Having worked across both the public and private sector, Dr. Theodoros has maintained experience with the diagnosis and management of both low and high prevalence mental illness including psychotic disorders, mood disorders, ADHD (Attention Deficit Hyperactivity Disorder), personality disorders and anxiety disorders.

Dr. Theodoros provides inpatient and outpatient psychiatric services using a recovery framework and partners well with general practitioners, families/carers, and members of multidisciplinary mental health teams. He also has a keen interest in preventative mental health and maintaining mental wellbeing before crises emerge. He has special interests in youth psychiatry (ages 16 – 25), ADHD, psychopharmacology, psychoses, mood disorders and general adult psychiatry.

Clinic locations

Dr Theodoros is available for consultations at Belmont Private Hospital's co-located psychiatry private practice.

Referral and appointments

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