

Qualifications

Sava Tsolis is the founder and primary clinical psychologist of Insight Psychology Group. He has extensive expertise in working with children, adolescents, adults, and older persons in both public and private settings. His qualifications include a Master of Arts in Clinical Psychology from the University of New South Wales and a Bachelor of Arts with Honours in Psychology from Macquarie University.

Who Can He Help

Sava works with a wide range of clients, including children, adolescents, adults, and older adults, who are dealing with issues such as chronic pain, anxiety, trauma, depression, bipolar disorder, eating disorders, relationship issues, stress, anger management, self-esteem, childhood abuse, bullying and victimization, coping and communication, and separation and divorce. He also has experience working with children and adolescents with issues such as anxiety, depression, anger, behavioural issues, bullying, and social skills deficits. Sava has run group programs in the past that focus specifically on anxiety disorders and social skills training in younger children. He has also received specialist training and experience working with Anxiety Disorders at the Centre for Emotional Health Clinic at Macquarie University, and has a keen interest in the area of Chronic Pain Management.

Types of Therapy Treatments

Sava has extensive experience working with a range of evidence-based treatments. In therapy, Sava draws on a broad range of evidence-based psychological treatments including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Schema Focused Therapy, Eye Movement Desensitisation and Reprocessing Therapy, Mindfulness-Based Cognitive Therapy, Interpersonal Therapy, and Dialectical Behaviour Therapy.

The Insight's Psychology Approach

Sava's approach is sensitive, collaborative, and individualized. He seeks to work sensitively and collaboratively with his clients, embedding his therapeutic approaches in a relationship of trust and support. Sava's extensive experience with various therapeutic modalities allows him to adopt an integrative approach to therapy that is flexible and relevant. He tailors his treatments to each person's unique needs and goals, in order to cultivate a personalized service that resonates with the individual.

Accreditation & Associations

Sava is fully registered with the Psychology Board of Australia and has specialist endorsement as a Clinical Psychologist. He is also a member of the Australian Psychological Society and the Association for Contextual Behavioral Science Network. Furthermore, Sava is an authorized Work Cover treatment provider and a registered provider under the Access to Allied Psychological Services (ATAPS) program in South Western Sydney.