

Dr Vikki Knott has a long career of working in research and teaching in psychology. She has worked in a variety of roles including coordinating a cognitive neuroscience laboratory, research assistance and/or fellow in the areas of work stress, bullying, and oncology incorporating working to improve cancer outcomes via research and advocacy. Most recently, Vikki has worked as the Discipline Lead, Psychology in Brisbane for the Australian College of Applied Psychology (now Australian College of Applied Psychology). In this role, Vikki worked alongside the Chair of Psychology to develop curriculum to operationalise the latest APAC standards at undergraduate, honours and masters levels (i.e. Levels 1 to 4).

Currently, Vikki works as Clinical Psychologist in two practices, Dr Knott Psychology (Burpengary) and more recently Ascot Psychology and Allied Health. She completed her Masters in Clinical Psychology, and subsequent endorsement in Clinical Psychology later in her career.

Vikki opened Ascot Psychology and Allied Health in October of 2021. The values of the practice are underscored by a focus on providing accessible and timely care to ALL who require services. Thus within her practice, clients can access services from psychologists, clinical psychologists as well as provisional psychologists who are able to offer low cost assessment and therapeutic services to address the needs of the community. Counselling services are also available, and in time, Vikki would like to be able to offer additional allied health services from her practice (e.g., social work, occupational therapy, speech therapy).

Vikki's research is informed by theory and knowledge in clinical, health, and organisational psychology as per her previous work history and academic interests. She is especially committed to conducting research which attempts to address inequalities in access to services, via the implementation of tele-health.

Vikki engages in a range of collaborative endeavours to progress telehealth. She is a member of the Clinical Advisory Board for White Cloud. She is also part of a working group committed to developing and sharing knowledge in this emerging area of practice in psychology. Vikki continues to be interested in topics related to teaching and learning in psychology, with special interests in developing graduate skills related to working in private practice as well as ensuring intercultural competencies and cultural responsiveness. Vikki is an Associate Editor for the APS Journal, the Australian Journal of Psychology.

Vikki predominantly works with Adolescents and Adults (all ages) who present with a variety of concerns. She draws on therapeutic models including CBT, ACT, DBT, and Schema Therapy, incorporating compassion focussed approaches.