



Psychiatrist Profile

Dr Al Griskaitis

MBBS and FRANZCP

Areas of Interest

- Police and Military
- Post Traumatic Stress Disorder
- Root Cause Psychiatry

Client groups

- Adults

Languages

- English

Telehealth

Not available

Professional background

Dr Al Griskaitis is a consultant psychiatrist at South Coast Private Hospital and is the co-founder of thepsychcollective.com.au and is also the Director of Trauma Treatment at South Coast Private Hospital.

My approach is integrative, meaning I don't limit myself to medications. I prescribe medications with a light hand where appropriate. I advocate the use of lifestyle measures such as physical activity, stress mitigation, psychological skills training, the use of de-escalation skills as well as measures to reduce rumination and improve sleep.

I favour integrated approaches try to address root causes, but root causes cannot always be found. Outside of psychiatry, I am interested in human longevity, keeping myself busy with work, family and friends. I'm deliberate about my own health and I work hard to deliberately manage stress and I can help you to do the same.

Clinic locations

Dr Griskaitis is available for consultations at South Coast Private Hospital's co-located psychiatry private practice.

Referral and appointments

T: 02 4286 6812