



ELENA CHRYSOSTOMOUM

OCCUPATIONAL THERAPIST

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PROFILE

Elena joined our team in 2023 and brings a wealth of knowledge, experience, and a deep commitment to promoting holistic health and well-being for children.

About Elena:

Elena holds a BSc in Occupational Therapy (First Class Honours) from Cardiff University and is a HCPC-registered practitioner. Currently, she is furthering her expertise by pursuing an MSc in Advancing Practice Sensory Integration at Ulster University. Elena has received professional training in Pathological Demand Avoidance (PDA) from the PDA Society in London, equipping her with additional skills to work with children with complex neurodevelopmental conditions.

Elena provides specialised Sensory Integration therapy to children with neurodevelopmental disorders, including Autism, ADHD, learning disabilities, developmental coordination disorder, and sensory processing difficulties. Her work is centered on using evidence-based practices to improve children's confidence, independence, and overall engagement in daily activities.

Mentorship and Professional Development:

Elena has been mentored, supervised, and trained by Dimitrios Mylonadis since September 2023. Under his guidance, she has gained valuable experience and insight into advanced Sensory Integration techniques, which she integrates into her therapeutic approach.

At Hopscotch, Elena's compassionate approach, coupled with her commitment to empowering children, makes her a vital part of our team. She strongly believes in the motto, "small hands do big things," and works tirelessly to help children overcome challenges and achieve their full potential. Through collaboration with families and the use of innovative techniques, Elena plays a pivotal role in helping children thrive and develop key life skills.