

DR CATHERINE NYUTHE

PSYCHIATRIST | AFRACMA, FRANZCP, FCPSYCH, MBCNB

MINDSENSE
CENTRE OF PSYCHIATRY

Overview

Dr Catherine Nyuthe is a highly qualified and skilled psychiatrist with extensive training and professional experience both internationally and in Australia. She obtained her medical degree (MBChB) from the University of Pretoria, South Africa, in 2002 and completed her psychiatric specialization at the University of Cape Town, where she was awarded the FCPSych in 2010. She has been recognized for her clinical excellence with awards such as the Novartis Award for Best Clinical Candidate Nationally in 2010. Dr. Nyuthe has also obtained additional certifications including the FRANZCP in 2013 and AFRACMA in 2017, solidifying her expertise in psychiatric practice.

Currently based in Melbourne, Dr. Nyuthe serves as a Consultant Psychiatrist at both the Consultation Liaison Service at Box Hill Hospital and Knox Private Hospital in Wantirna, Victoria. Her professional journey includes significant roles as a Senior Registrar at Maroondah Hospital in Victoria and a Consultant Psychiatrist in various institutions in Cape Town, South Africa. Dr. Nyuthe's sub-specialties encompass a broad range of psychiatric conditions, including anxiety disorders, depression, PTSD, and bipolar disorders, with a particular focus on perinatal psychiatry and the psychiatric implications of historical child sexual abuse. Her commitment to psychiatric health is complemented by her involvement in various professional bodies and continuous participation in community services.

Special Areas of Expertise

- Historical Child Sexual Abuse
- Perinatal Psychiatry
- Impairment Assessments
- Anxiety Disorders
- Depression
- Posttraumatic Stress Disorder
- Adjustment Disorder
- Agoraphobia
- Panic Disorder
- Stress
- Trauma
- Psychological Injury
- Bipolar Disorders
- Psychological Injury Secondary to Physical Conditions

Current Positions

- Consultant Psychiatrist, Consultation Liaison Service, Box Hill Hospital
- Consultant Psychiatrist, Knox Private Hospital, Wantirna, Victoria

Qualifications, Accreditations and Awards

- AMA 4 (2017)
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- Comcare (2017)
- TAC (2017)
- AFRACMA (2017)
- FRANZCP (2013)
- FCPsych, University of Cape Town, South Africa (2010)
- Awarded Novartis Award for Best Clinical Candidate Nationally (2010)
- MBChB University of Pretoria, South Africa (2002)

Consulting Areas

- Melbourne, VIC
- Telehealth
- MindSense Assessment