

## ***About me***

Already as psychological counselor with more than 20 years of professional experience, I provide services for the care of patients as well as clients with various psychological methods and therapies, such as individual counseling, group therapy, mindfulness exercises, stress management strategies and exercises as well as emotion regulation and social skills training. In addition, I continue to educate myself and seek to expand my knowledge and update my skills with the latest research findings.

*The focus of my care is on Cognitive Behavioral Therapy*

## ***Working together***

Often it is not only the things and the situations themselves that cause big problems, but also the meaning you give them. Our work aims to help you become aware and clear about your thoughts, attitudes and expectations. Then in turn, you could learn to replace wrong thinking patterns or behaviors with more realistic and less harmful thoughts/behaviors. You will learn to question your thoughts and better control your own emotions and behaviors.

## ***Education***

- Four-year degree in Psychology in National and Kapodistrias University of Athens, in Greece
- 1,5-year Master of Science degree in Applied Psychology with specialization in Mental Health, University of Liverpool in United Kingdom

## ***Further education and training***

- Cognitive behavioural therapy
- Dialectical behavioural therapy
- Borderline disorder, Dialectical behavioural therapy
- DBT Basic I
- DBT-I Skills (Skills-ASZ) / DBT II Skills (Skills I-ES)
- Introduction to the application and teaching of skills-based mindfulness training.
- Treatment of PTSD through cognitive behavioral therapy
- Group C personality disorders in adolescents and adults
- Psychoanalytic process: theoretical concepts and application
- Separation management - parental divorce
- Cross-cultural understanding, cultural sensitivity and psychoeducation in dealing with stressed, traumatized and ill refugee children Family
- Treatment process: The impact of drug addiction on the family system.
- Art therapy (Film therapy).
- Psychological counselling - couple and family counselling