

Curriculum Vitae

EDUCATION

International Institute of Biosynthesis in Heiden (Switzerland) 2009- 2013

- Graduate Somatic Psychotherapist

Academy for Integrative Living and Health (ALH) in Wupperthal (Germany) 2009-2010

- Certified Practitioner for Mental Health in Childhood

National Center for Eating Disorders and Obesity (NCFED) in London (UK) 2007-2008

- Master Practitioner for Eating Disorders
- Subjects: Practitioner Skills for Eating Disorders, Nutritional Interventions for Eating Disorders, The Management of Obesity

University of Zurich 2000-2006

MSc Degree Subject

- Clinical Psychology (Neuropsychology and Psychopathology)
- Research project (dissertation): The Influence of rTMS (repetitive Transcranial Magnetic Stimulation) on Spatial Presence

A Levels: Modern Language (D) 1994-1999

Secondary School 1991- 1994

Primary School 1985 – 1991

WORKING EXPERIENCE

January 2007 - March 2011: *Volunteer*

Psychologist in extreme situations at the Civil Defence Rescue Group in Pafos (Cyprus).

November 2016 – present: *Volunteer*

At the St. Michaels Hospice in Pafos

April 2016 – present: *Self employed*

- Single and group counselling
- Playgroups: "Emotional and social competence learning" for children, age 3-6y.

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- Seminars about: successful parenting, motivated learning, bullying at school, aggression, self-regulation and young children, psychology and nutrition, eating disorders and obesity, psychology and somatic exercise, stress management etc.

January 2016 – present: Member of the Social Network "NAHdenken"

"NAHdenken" offers professional support (educational seminars, counselling and psychotherapy via skype) to families which are financially disadvantaged (Switzerland).

January 2010 – March 2011: Employee

At an Open Therapeutic Community for People with Addictions (Tolmi, KENTHEA) in Pafos (Cyprus)

January 2007 – March 2011: Instructor of psychology

At the Civil Defence Rescue Group in Pafos (Cyprus).

Sept. 2004 – Oct. 2004: Internship

At the Neurological Clinic in Aachen (Germany)

Feb. 2004 – April 2004: Internship

At the Neurological Clinic in Zurich (Switzerland)

July 2003 – Sept. 2003: Internship

At the Psychiatric Hospital Breitenau in Schaffhausen (Switzerland)

Oct. 1999 – Jan. 2000: Internship

At University Clinic in Zurich (Switzerland)

REGISTRATION

Since March 2012 registered as a Clinical Psychologist at the Association of Psychologists and Psychotherapists in Cyprus (no. 208)

Languages:

- German (mother tongue)
- English (very good)
- Greek (very good)
- French (basics)
- Italian (basics)