









## Welcome from the Head of Psychology



The Department of Psychology at New York College is one of the School's largest Departments. Through our 30 year collaboration with the State University of New York-Empire State College, and more recently the University of Bolton, our students enjoy high-level international studies with faculty who have a wide range of skills and backgrounds.

We offer a choice of US or UK Bachelor degrees in Psychology, and a range of postgraduate programmes including: MSc in Psychology, MSc in Cognitive Behavioural Psychotherapies, MPhil and PhD in Psychology. At NYC traditional teaching is combined with innovative and interactive teaching methods, thus providing students with a challenging environment where knowledge is pursued through a modern lens. In this issue you will find the latest news and developments of the NYC Department of Psychology!

**Antonia Svensson Dianellou, PhD**  
Head of Psychology Department,  
Associate Dean

### PSYCHOLOGY DEGREES OFFERED AT NYC

**The study of Psychology enables individuals, companies and communities to thrive and cultivate the best within themselves, and thus improve their experiences of work, leisure time and relationships.**

One of the most common reasons for studying psychology is to gain a better understanding of the self and others. The field and study of psychology is vast and can lead to a number of career options for degree holders after graduation.

**A psychology degree is very attractive to employers because it combines the study of science and humanities. Psychology graduates are excellent communicators as they possess a good deal of knowledge about people's behaviour, how relationships are formed and about group dynamics.**

This kind of knowledge is central to almost all jobs these days. There are many options for those who wish to enter the job market with a Bachelor's degree in psychology, such as going into management, administration, sales, marketing and human resources. If your aim is to practice as a Psychologist then a minimum of a Master's degree is required.

All courses are delivered in English.

PSYCHOLOGY



**BS Concentration in Psychology  
(Area of Studies: Human Development),  
State University of New York,  
Empire State College**

- A rigorous and flexible programme, offering a solid background for a number of subsequent career and educational choices.
- Students who complete the NYC/Empire State College undergraduate program can follow many career options such as (to name a few), human services specialists, personnel analysts, psychologists-psychotherapists, psychometric development specialists and counselors.
- US bachelor's degree programs are designed to require 4 academic years of full-time study, with a choice of electives and a choice of majors.
- Elective courses available in Psychology, Philosophy, Sociology, International Relations, Technology, Business and many more fields.
- Graduates can pursue further studies and/or work opportunities in many and varied settings related to mental health.

**BSc (Hons) Psychology, Psychotherapy and  
Counselling with Foundation year,  
University of Bolton**

- A unique opportunity for students to explore, acquire and critically apply concepts, theories and models used in all three disciplines - Psychology, Psychotherapy and Counselling.
- A 4-year full-time programme, the first year of which is taught in Greek and the rest exclusively in the English language.
- Graduates are equipped with many diverse skills to undertake different types of work in the field of mental health, or to progress to postgraduate training in any specialist area of Psychology, Psychotherapy and/or Counselling.
- The programme provides students with the opportunity to undertake voluntary work in a placement, across both semesters during their final year, thus ensuring academic, professional and employability skills are developed side by side.
- Work opportunities are available in many and varied mental health settings. This course provides the ideal foundation for a successful career in psychology, psychotherapy and/or counselling (with additional training).
- Graduates can apply for Graduate Basis for Chartered Membership of the British Psychological Society and pursue further studies and licensing in the U.K.





## **MSc in Psychology University of Bolton**

The one-year full-time MSc in Psychology programme involves the comprehensive study of selected areas in psychology at an advanced level and the acquisition of advanced professional and research skills.

The distinctive feature of this master's programme is its flexibility, as the course is offered during weekends, so that professionals can fully focus on their post-graduate studies whilst working.

### **Topics studied include:**

- Positive Psychology
- Lifespan development
- Research methods
- The latest theories, research and interventions in Psychology

This programme is ideal for psychology graduates who wish to enhance their career prospects through postgraduate study. The scientific study of Psychology enables individuals, companies and communities to thrive and cultivate the best within themselves, and thus improve their experiences of work, leisure time and relationships. It is also suitable for graduates of related disciplines who wish to use psychological approaches to further enhance their work, e.g. teachers, or to embark on a new career in mental health.

The advanced knowledge of current issues in psychology, ethics and research methods that MSc in Psychology graduates possess has important applications in teaching and education, human resources, career coaching, leadership, business, and in various fields of mental health counselling.

## **MPhil / PhD in Psychology University of Bolton**

Students who are interested in conducting research may choose to continue their studies after their Masters degree by enrolling for a PhD in Psychology, offered by University of Bolton, UK. The NYC Department of Psychology includes many highly qualified and research active members of faculty.

Their areas of interest and expertise are listed below. Students who do not have a Master's degree, but have a good GPA and strong research method skills from their Bachelors degree, may be able to enroll for the PhD directly via MPhil route.

Below you will find a list of the Psychology Faculty's areas of research expertise and interests.



# DEPARTMENT OF PSYCHOLOGY

## FACULTY AND RESEARCH SUPERVISORS

### Klio Geroulanou, PhD

Lesbian, Gay, Bisexual and Trans research, attitudes to same sex marriage and parenting, LGBT rights, clinical psychology and psychopathology.

### Marsha Koletsi, PhD

Clinical assessment, eating disorders, postnatal depression, self-harm, therapeutic relationship, code of ethics, qualitative research (IPA and Thematic Analysis)

### Professor, Dr. Joannis N. Nestoros

Neurofeedback (i.e. EEG training) and Alpha-Theta (EEG waves) training to exert therapeutic effects on mental and psychosomatic states, including autism, ADHA and Psychotic disorders, and the interaction of the above two computer-assisted methods with traditional (talking) integrative psychotherapy.

### Natasha Soureti, PhD

Health risk communication, HIV/cancer/CVD prevention studies, smoking cessation, empathy/nostalgia manipulation experiments, attitude change, PTSD and anxiety disorders.

### Antonia Svensson Dianellou, PhD

Child development, student well-being, resilience, intergenerational relationships, grandparenting, retirement and social roles in ageing, social change, psychological and social impact of economic crisis, dance movement psychotherapy, qualitative research methods.

### Alexandra Thanellou, PhD

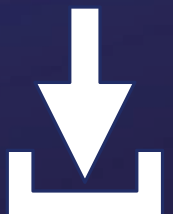
Experimental psychology, biopsychology, neuroscience, clinical psychopathology, Personality Disorders, Cognitive Behavioural Therapy and quantitative research methods.

### Vasiliki Varela, PhD

Cognitive neuroscience, decision-making models, systems and pathologies of memory, attentional processes, language acquisition and disorders, applications of psychology in forensic settings and music perception.

### Agathi Lakioti, PhD

Specialized in Positive Psychology, psychotherapy as a “resilience enhancing” factor, Positive Psychology and character education in schools, counselling and psychotherapy areas of research, Employee Assistance Programmes (organizational settings), social empowerment programmes aimed at increasing the access and participation of women in the labour market.



**Want to know more?**

Visit [www.nyc.gr](http://www.nyc.gr) or contact

**Antonia Svensson Dianellou, PhD**

Head of Psychology Department,

Associate Dean at [svensson@nyc.gr](mailto:svensson@nyc.gr)

# WHAT CAN POSITIVE PSYCHOLOGY DO FOR US?



**Dr. Agathi Lakioti**

Counseling Psychologist – Psychotherapist

Instructor, MSc in Positive Psychology

University of Bolton at New York College, Athens

Positive Psychology, a recent branch of psychology, launched with the promise to make our everyday lives better. In their influential article in *American Psychologist* in 2000, Martin Seligman (the father of Positive Psychology) and Mihaly Csikszentmihalyi (the father of flow) laid the foundations of this new science. It is here, they wrote, to help us discover and strengthen what makes our lives worth living. According to them, Positive Psychology is based on the scientific study of three pillars: positive experiences (like happiness, hope, meaning or flow), positive individual traits (like wisdom, compassion or courage), and positive institutions (like nurturing families or positive organizations).

The focus on studying and enhancing positive experiences, traits, and institutions is very different from what traditional psychology has strived to do, namely to remedy the deficiencies and pathologies, to assist people recover from mental illness and to help them function in their everyday life. Important causes, nobody would argue that. But are they enough? Is a life without pain all that there is to it? According to positive psychologists it is not - not being miserable is not the same as being happy and fulfilled. It is important to note that Positive Psychology does not aim to dismiss the problems people experience or replace traditional psychology. What it aspires to do is to complement the focus on pathology and expand it on optimal functioning. Positive Psychology, then, is here to teach us how to flourish and make our lives happier and more meaningful.

Since Seligman and Csikszentmihalyi's article, Positive Psychology has flourished. It has attracted the interest of the general public. It is a rising subject of scientific study in academic settings worldwide. It has produced numerous research studies in known and novel concepts, investigated with known and novel methodologies. It has spurred a number of positive psychological interventions which are implemented in a wide range of contexts: schools, businesses, sports, counseling and psychotherapy, to name a few. This flourishing shows that Positive Psychology has offered a new vision for human beings, a vision that has appealed to many as an assertion of the human capacity for growth.



# Congratulations

**TO OUR GRADUATE DIMITRIS BEKIARIS AND FACULTY MEMBERS  
DR KOLETSI AND MR TSIAKOS ON THEIR RECENT JOURNAL PUBLICATIONS!**

## **“SUBJECTIVE EXPERIENCE OF POSITIVE EMOTIONS AND IMPACT OF DISORDERED EATING BEHAVIORS IN INDIVIDUALS WITH BULIMIA NERVOSA”**

**Dimitris V. Bekiaris and Marsha Koletsi**

*University of Bolton, Department of Psychology, UK & New York College,  
Department of Psychology, Athens, Greece*

**Abstract Background:** Quantitative research and systematic reviews have long supported the pivotal role of emotions in the development and maintenance of bulimia nervosa (BN). However, few are the qualitative studies examining the relationship between affect and the bulimic cycle.

**Aims:** The current study aims to gain an in depth understanding of the experienced positive emotions and their interaction with beliefs and behaviors of bulimic individuals. It is focused on the experiences of women in order to achieve sample homogeneity and attempts to explore the perceived positive emotions and their association with different parts of the bulimic cycle, as well as their impact on various aspects of the disorder.

**Method:** Qualitative data were collected through semi-structured interviews with 5 women who have been diagnosed with BN and were undergoing treatment for their disorder. Transcripts of the interviews were analyzed using Interpretative Phenomenological Analysis (IPA) methods.

**Results:** Participants interpreted binge eating as a practice to fill the void they felt from the absence of positive emotions and situations. It also served as a transformation technique to concretize these situations into something manageable by them. Self induced vomiting and extreme exercise provided comfort and catharsis as short term results but also instilled faith, hope and optimism for the future. Bulimia as a whole was experienced as a valuable companion and friend, allowing freedom for the true self to emerge and provided a sense of normality to self and others.

**Conclusion:** Bulimia was conceptualized as the bearer of many positive attributes into bulimic individuals' lives and disordered eating behaviors seemed to play a significant role to the resilience, perpetuation and secretive nature of BN.

**Key-words:** eating disorders, bulimia nervosa, positive emotions.

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## **“NEW CHALLENGES IN COUNSELING PROCESS”**

**Tsiakos Dimitrios**

*Psychologist – Scientific Director, Center for Contemporary Psychotherapy &  
Psychoanalysis and Instructor, Department of Psychology, New York College, Athens, Greece*

**Abstract:** Into this essay we will try to elaborate the contemporary and complicated scientific field that arises for modern counselling. New ideas will be presented regarding methodology, especially about counselor's role, the recent concept of the therapeutic relationship and the tools that we use nowadays in our efforts to understand better and subsequently help people. Conceptual dilemmas like neutrality, intersubjectivity, self-reveal will be the primary focus of our work and we will examine how these concepts co-create a contemporary aspect of counselling.

**Key-words:** intersubjectivity, contemporary counselling, co-creation, mutuality

Published in Journal of Regional Socio-Economic Issues, Vol. 9, Special Issue 1, June 2019





## TESTIMONIALS



**Despoina Apostolou**

**BSc Psychology, Psychotherapy and Counselling  
student (level 4), University of Bolton**

The most clichéd and yet the most honest advice to give someone in order to try and find what makes his/her life meaningful, is to find a passion that gives them reasons to keep trying even in the darkest days. Some people find it early on in life, others a little later, but either way when that time comes you feel the change. The second step after the realization of your calling is to find the right people and the right conditions in order to create your path towards it. For me, it took me a little time to find the right conditions, but as luck would have it, I found them in the end. With people who supported me, I made a major decision that changed my life. I started my journey towards my calling. That story began at New York college.

I chose the Bachelor's programme of Psychology, Psychotherapy and Counselling at New York College in Athens in collaboration with the University of Bolton. I still remember the eagerness that I felt before I entered the classroom that first day, and how content I was during and after my courses. I must admit it that it wasn't always easy to find a balance between my studies and work. But my Academic Advisor and in fact all the instructors were supportive and always helped me when I felt the pressure of assignment deadlines and exams.

I was actually surprised to discover that some of my instructors had such an impact on my will and my inspiration to continue striving higher. Now, after having successfully completed my first year of studies on this programme, after all the anxiety, the pressure and the fulfillment I experienced, the only advice that I would give to someone who is thinking about starting this BSc programme would be to do it! I am confident that in the end you will find the contentment that I found. The only thing that you have to ask yourself is the question that Carl Rogers posed: 'Am I living in a way which is deeply satisfying to me, and which truly expresses me?'



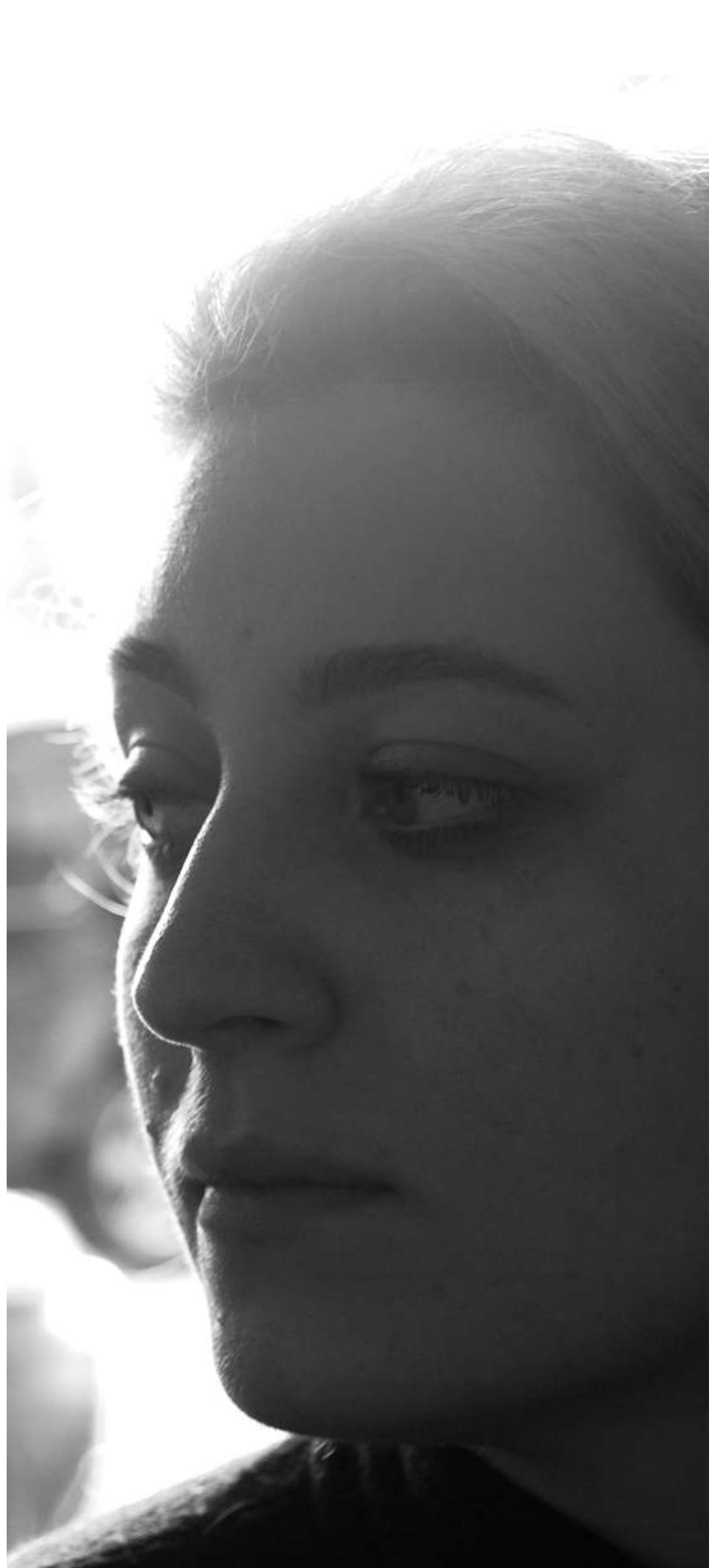
# Vaia Pateraki

## **MSc in Psychology student 2019-2020, University of Bolton**

'Being a postgraduate student in the field of Psychology has been an amazing experience, so far. I had the chance to meet extraordinary instructors, who have thorough knowledge of the subject and have managed to offer their expertise in ways that have given the students the incentive to strive and make the best of their journey on this course. The students have formed bonds and work as a team with common goals, which has also played an important role in our studies.

Psychology itself opens windows to the human soul and through our studies, we have had the opportunity to realize the magnificence of that part of human nature. By specializing in Positive Psychology, we have come to appreciate the qualities and make use of the practices that evaluate all the good aspects of behavior and the psyche and, ultimately, view individuals under a new light, one that encourages a person to enhance their potential and be the best version of themselves.

I sincerely believe that my choice of enrolling in this course will help me fulfil my personal aspirations as a teacher and achieve my goal to find employment in the field of counselling young people and families. I consider myself privileged to have been accepted onto this program, I have learnt many things and it must be noted that the NYC staff have been by our side all the way. Overall, it has been and still is, a very rewarding experience!



## 1ST EXTERNAL EXAMINERS VISIT TO NYC ATHENS FOR UNIVERSITY OF BOLTON PROGRAMMES

The first year of operation of the BSc in Psychology, Psychotherapy and Counselling was successfully completed at NYC with the visit of the External Examiners in July 2019. In order to ensure the high quality of the programmes bilingual External Examiners (English/Greek), familiar with UK academic practice and standards, will visit NYC at least once per year, to take part in the end of year Exam Boards.

The External Examiner for Psychology praised the NYC faculty for their consistent marking, extensive and constructive feedback provided to students, excellent collaborative approach to delivering franchised programmes, and the excellent academic performance of level 4 students in particular. The External Examiners were all impressed with the NYC administration team and the collaborative relationship that NYC and the University of Bolton have achieved, which were seen to be more effective than that of other institutions. Special mention was made of the helpfulness of University of Bolton IT Department and the responsiveness and organisation of the NYC / University of Bolton Academic Partnership Manager.



### Left to right:

- Dr Marilena Antoniadou, Senior Lecturer in the Business School at Manchester Metropolitan University, UK. External Examiner for business programmes.
- Dr Antonia Svensson, Head of Department of Psychology and Associate Dean, New York College, Athens
- Dr Vassilis Skianis, NYC Dean of Academic Affairs
- Ms Kelley Galloway, Head of Department of Business and Associate Dean, New York College, Athens
- Dr Eleftheria (Ria) Vaportzis, post-doctoral researcher at Herriot-Watt University and Psychology Lecturer at the University of Bradford, UK.
- Ms Chris Grant, Academic Partnership Manager, University of Bolton, UK



# Congratulations

GRADUATES

## Class of 2019





**MSc Cognitive Behavioural Psychotherapies graduates Alexandros Tsolakidis and Eleana Naci with faculty members Mr Dimitris Tsiakos and Dr Antonia Svensson**



**MSc Cognitive Behavioural Psychotherapies faculty members Mr Dimitris Tsiakos and Mr Dimitris Katakis with MSc CBP graduates Alexandros Tsolakidis, Elena Vangelati and Eleana Naci with Head of Department Dr Antonia Svensson**







**Christina Polyzou, BSc Psychology graduate achieved a Distinction (1st class degree) and received an award for Academic Excellence from the NYC Dean, Mr Vassilis Skianis.**



**University of Greenwich BSc (hons) Psychology graduates**



**State University of New York - Empire State College graduates of the BS Concentration in Psychology**



The talks are free to attend and open to the general public as well as NYC students. Certificates of participation are provided. Contact [Svensson@nyc.gr](mailto:Svensson@nyc.gr) to be added to the mailing list.





# PSYCHOLOGY FACULTY



## Head of the Psychology Department

Antonia Svensson Dianellou holds a PhD in Developmental Psychology and BSc (hons) in Psychology from Goldsmiths University of London (Unit for School and Family Studies), an MSc in Health Psychology from the University of Surrey, UK and a PGDip in Dance Movement Therapy from the University of Hertfordshire, UK. Apart from heading the Psychology Department since 2015, and her teaching and management responsibilities at NYC, she is a member of the International Advisory Board of the ISPS, a global organization promoting psychotherapy for psychosis. Antonia has conducted research on intergenerational relationships at the National School of Public Health in Athens (funded by the 5th Framework of the European Commission) and at Anglia University, Cambridge (funded by the European Social Fund). Antonia is a licensed Psychologist under Greek law and an experienced counselor-Dance Movement Therapist specialising in work with children, women and vulnerable populations. She oversees the running of the NYC Student Counseling Service and coordinates placements and internships for psychology students.

## LOCAL TUTORS



### Ms. Chryssanthi Andronoglou (PhD candidate):

BSc Psychology, MSc in Clinical Neuropsychology from the Medical School-Kapodistrian University of Athens, MSc in Developmental Neuropsychology from the University of Essex. Chryssanthi is currently studying for her PhD with the University of Nicosia, and is a licensed Psychologist, Developmental and Clinical Neuropsychologist in private practice, and an experienced lecturer focusing on Neuropsychology, Therapy, Intervention and Special Needs. She teaches Statistics & Experimental Design and Research Methods with SPSS, for which she has developed a relevant practice manual. She also teaches biological psychology classes. She is a Member of the International Neuropsychological Society and Member of the Greek Society of Neuropsychologists.



### Ms. Maria Christopoulou:

Mary holds a Masters degree in Positive Psychology from Panteion University, Athens, Greece. She also holds a degree in Mass Media and Communication from the National and Kapodistrian University of Athens, a BSc in Psychology and an MSc in Organizational Psychology from the University of Hertfordshire (UK) and is a graduate member of the British Psychological Society. She is currently involved in research activities in the field of Positive Psychology and has recently published a systematic review on the new concept of "grit". She has worked as a freelance research assistant at EPIPSY, for the purposes of the European School Survey Project on Alcohol and Other Drugs (ESPAD Greece). Mary teaches Statistics and Research Methods in Psychology at undergraduate level, supervises research projects and teaches the MSc module "Foundations of Positive Psychology", which introduces the main concepts of Positive Psychology to students, familiarizing them with new insights, avenues and cutting-edge research in the field.



### Dr. Katerina Karageorgou

Katerina holds a PhD in Political Psychology at Panteion University of Social and Political Sciences. She gained her first Masters (Professional) in Clinical Psychology & Psychopathology from Paris V-Descartes University, a second Masters (Research) in Clinical Sociology & Psychosociology from Paris VII-Diderot University and a Bachelors in Psychology from Panteion University. She is a licensed psychologist both in Greece and France. Katerina has worked amongst others with children in numerous public and private settings in Paris and Athens. She teaches the first year class Psychology of Adjustment on the SUNY BS programme and Reading Modern Society and Exploring Psychology on the University of Bolton BSc programme.



### Mr. Dimitris Katakis:

MA in Educational Psychology, Graduate Certificate in Psychology, MSc in Child Development and an MA in Clinical-Counselling Psychology. Dimitris has worked as a teacher in Athens and London and as a Diplomat (Educational Attaché) in the Education Department of the Greek Embassy in London. He has also provided counselling and support to adolescents in the Greek Secondary School of London. Since 2011 Dimitris has been employed at the Suicide Prevention Centre (Klimaka) in Athens as a CBT therapist (Cognitive Behavioural Therapist), and is an instructor for the University of Bolton MSc in CBP programme at New York College as well as acting as external supervisor for MSc placements.



### Dr. Marsha Koletsis:

BA in Psychology from the University of Crete, PhD from the University of Sheffield. Marsha specialized in Cognitive Behavioural Therapy and completed her post-doctoral fellowship at the Psychiatric Department of the Medical School of St. George's Hospital in London, UK. She worked as a psychologist in the National Health Service (UK), at the Counselling Centre of the University of Sheffield and in the Eating Disorders Unit for the Medical Centre of the University of Sheffield. She has extensive research and clinical experience and is a licensed psychologist-psychotherapist in private practice. Dr Koletsis is an accredited clinical supervisor from the British Psychological Society and since 2015 she supervises the University of Bolton MSc CBP students' clinical training. She is an Associate Fellow of the British Psychological Society, Member of the Eating Disorders Association, Member of the Greek Psychological Society and the Hellenic Psychological society.



**Ms. Nefeli Koskina:**

BSc in Psychology from the University of Crete, Postgraduate diploma in Practice-based Play Therapy from Canterbury Christchurch University, PGDip. in person centred counselling and MA in Counselling Psychology from the University of Athens. Nefeli works in Private Practice as a Play Therapist working with children and adolescents, and as a Counselling Psychologist with individual adult clients. She is the author of a book on Developmental Psychopathology, with a focus on autism, ADHD, conduct and anxiety disorders in children. Until recently she worked for the Institute of Education and Lifelong Learning (I.NE.ΔI.BI.M.), affiliated to the Ministry of Education as a “Trainer”, leading parent groups in schools, offering guidance and empowering parents. In addition, she has published journal articles and presented at conferences on eating disorders, attachment status and resilience in children. She teaches introductory psychology and counselling classes and advanced developmental and educational psychology courses.

**Dr Agathi Lakioti:**

Agathi Lakioti, PhD is a specialist in Positive Psychology. She has a degree in Psychology from the National and Kapodistrian University of Athens, an MSc in Person-centred counselling, and a doctorate from Panteion University of Social and Political Sciences. Her doctoral research focused on psychotherapy as a “resilience enhancing” factor. From 2016-2018 she participated in the HOPEs EU funded programme (Erasmus+) to introduce Positive Psychology and character education in schools. Dr Lakioti has worked for 3 years as a psychologist providing counselling and psychotherapy for the mobile Mental Health Unit (EPAPSY) in the Cyclades, on the islands of Tinos and Andros. She also has many years of experience working as a counsellor for the Employee Assistance Programme of Hellas EAP Ltd. and as a Psychologist offering psychoeducational seminars for parents of children with autism and for social empowerment programmes aimed at increasing the access and participation of women in the labour market. She teaches the MSc Psychology modules Positive Psychology in Practice and Critical Positive Psychology.

**Mr. Dimitris Panagiotopoulos:**

MA (Hons) in Philosophy from the University of St Andrews, Scotland, and MSc in Counselling Studies at University of Abertay Dundee, Scotland. He also holds a Postgraduate Certificate in Consciousness and Transpersonal Psychology, which is one of his main areas of interest and research. Dimitris has been teaching at NYC for a number of years and is a core member of the NYC faculty. His passion for teaching, as well as the individual attention he gives to his students make him one of the most popular instructors within the Psychology Department. In 2018 he won a faculty award for Teaching Excellence, for the second time.

**Ms Nektaria Pouli:**

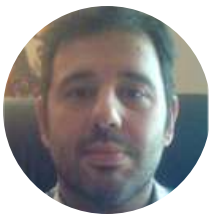
BSc in Psychology from the University of Crete, MSc in Health Psychology from Kings College/ UCL, London, and MA in Counselling Studies from the University of Durham, UK. Between 2012 and 2014 Nektaria held the post of Research Associate at the School of Medical Sciences at the University of Nottingham, UK. Nektaria has published articles in the fields of health and counseling psychology and she is a Graduate member of British Psychological Society, a licenced psychologist under the Greek state, and has her own private practice as a counselling psychologist. She teaches research methods and counselling courses, and supervises undergraduate research projects.

**Dr. Natasha Soureti:**

PhD from Vrije University, Amsterdam, MSc in Organisational Psychology and MSc in Health Psychology from the City University, UK. Natasha has extensive experience in the area of Health psychology and health behaviour change projects, and is co-ordinator of the stop smoking program “Living without smoking” in Athens. Natasha is trained in Cognitive Therapy and Eye Movement Desensitization Reprocessing (EMDR). She has worked for Unilever R&D in the UK as a behaviour change health Psychologist, and for Bart’s & the London Queen’s Mary School of Medicine & Dentistry, as a research health psychologist, setting-up smoking cessation clinics in East London. She has numerous publications in scientific journals and is continuously involved in NYC student research supervision from undergraduate to PhD level.

**Dr. Alexandra Thanellou:**

MA and PhD in Experimental Psychology/Behaviour Neuroscience from the University of Vermont, USA. Alexandra held a Post-doctoral research position at the Department of Systems Neuroscience at University Medical Center Hamburg-Eppendorf (UKE), Hamburg, Germany, and was a research assistant for the Psychology Department at the University of Vermont. In addition to her teaching, Alexandra is also a mental health counsellor at KETHEA (Diavasi), where she leads self-help groups for parents whose children are members of the therapeutic program. She has also held a post as assistant clinical psychologist at Sinouri psychiatric clinic in Athens. Alexandra is a Cognitive Behavioural Therapist in private practice, and teaches courses in biological and cognitive psychology and the study of personality.



**Mr. Dimitris Tsiakos:**

BSc in Psychology from the University of Crete, and numerous other degrees including an MSc in Basic and Applied Cognitive Science and a Postgraduate Certificate in Clinical Supervision from the University of Derby. Dimitris is the owner and Clinical Director of the Center for Contemporary Psychotherapy & Psychoanalysis in Palaio Faliro. He is an experienced psychotherapist, trainer and clinical supervisor, practicing individual Cognitive Analytic Therapist and group psychotherapist. He has completed training in group therapy at the Yalom Institute of Psychotherapy in the USA. He teaches the undergraduate course Essentials of Group Psychotherapy and is involved in the clinical supervision of postgraduate students.



**Dr. Antonis Vadolas:**

BSc in Psychology from Panteion University of Social and Political Sciences, MA in Community Care (learning disabilities) and PhD in Psychoanalysis at the University of Middlesex, UK. In 2014 Antonis completed the four year UKCP accredited clinical training programme in psychoanalysis at the Centre for Freudian Analysis and Research in London. Antonis has extensive teaching experience and has published several articles and books in the fields of psychoanalytic psychology. He is a Graduate member of British Psychological Society a licenced psychologist under the Greek state. He teaches the undergraduate courses Psychological Testing and Adult Development and Mental Health.



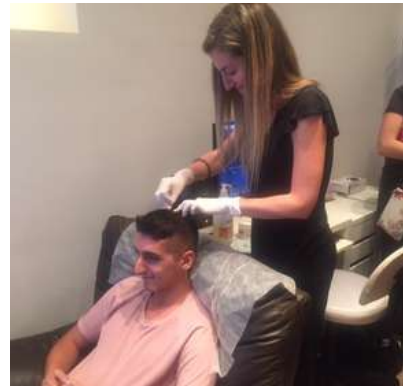
**Dr. Vasiliki Varela:**

BSc (Hons) in Psychology at the University of East London, MSc in Social Psychology at the London School of Economics (LSE). In 2007, Vicky completed her Ph.D. at University College London's Institute of Cognitive Neuroscience, researching episodic memory retrieval in young eyewitnesses. She completed her post-doctoral training at the prestigious University of Cambridge (in Developmental Psychology) and has since been working as a university lecturer on the subjects of Developmental, Cognitive, Forensic Psychology and Neuropsychology, as well as Research Methods and Statistics. Her research interests include: cognitive neuroscience, decision-making, models, systems and pathologies of memory, attentional processes, language acquisition and disorders, applications of psychology in forensic settings and music perception. She teaches a wide range of courses at undergraduate and Masters level, specializing in psychological research Methods, and provides PhD supervision.





# Field Trip to Neurofeedback Lab



The NYC Department of Psychology organised a Field Trip to a Neurofeedback Lab, for SUNY students taking Mr Prokopakis' summer course 'Philosophy and Technology'.

Professor Ioannis Nestoros, with a lab assistant from his research team from the University of Crete, gave a talk to SUNY students about the use of Neurofeedback in treating psychological conditions such as anxiety, attention deficits and autism. The talk was followed by a live demonstration which students eagerly volunteered to take part in!

Neurofeedback appears to be a new and promising treatment approach for a variety of psychological and learning difficulties. Professor Nestoros is one of very few researchers in Greece involved in researching the effectiveness of the approach, and in collaboration with New York College and the University of Bolton he is looking for PhD students to conduct further research on neurofeedback.



## THE NYC STUDENT COUNSELING SERVICE SUPPORTS THE PSYCHOLOGICAL AND EMOTIONAL WELL-BEING OF NYC STUDENTS BY PROVIDING FREE COUNSELING SESSIONS AND CONSULTATION - BOTH OF WHICH ADHERE TO STRICT STANDARDS OF CONFIDENTIALITY AND PROFESSIONAL PRACTICE.

**Supportive Counseling** is a valuable opportunity to talk with a mental health professional regarding a wide range of every day concerns or ongoing problems, such as: feelings of low self-esteem, anxiety, depression, academic concerns, substance use, issues with friends and family and other relationship and/or identity concerns.

**Wellbeing Sessions** (3-5 sessions) are a brief and focused intervention with the aim of helping you to find healthy and effective ways to cope with stress, improve time management, find better ways to combine family duties with work or studies, clarify your short-term and long-term life goals and develop ways of achieving them.

**Cognitive Behavioural Therapy** sessions (12 weeks+) are also available

- The CBT approach is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected -and that negative thoughts and feelings can trap you in a vicious cycle.
- CBT aims to help you crack this cycle by breaking down overwhelming problems into smaller parts and showing you how to change these negative patterns to improve the way you feel.
- Sessions are conducted with a trainee therapist on the University of Bolton MSc in CBT programme, during the second year of their psychotherapeutic training. Each trainee therapist is closely supervised by two of our Course Team members, all of whom are highly experienced Cognitive Behavioural Psychotherapists.





Individual sessions last 45-60 minutes. All sessions are free and available by appointment for any student enrolled at NYC, in Greek or in English. Students may be offered wellbeing sessions, individual supportive counselling or CBT sessions according to their needs and availability.

Students requesting an appointment for the first time can phone and speak with the Head of the Student Counselling Service, Dr Svensson (Tel.: 210 3225961), or send their request via email: [counseling@nyc.gr](mailto:counseling@nyc.gr)





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