

PSYCHOLOGY DEPARTMENT



NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE



STUDYING INTERNATIONAL PSYCHOLOGY IN GREECE... AT ITS BEST!

Featured in this edition: Welcome from the Head of Department, Psychology degrees offered at NYC, NYC Psychology Club – a student-led initiative, The Unbearable Complexity of Sleep: Article by Vaggelis Arvanitidis, co-leader of the NYC Psychology Club, Graduate Success Stories, Book Review by NYC faculty member Nefeli Koskina, NYC Psychology Department news, Faculty biographies, NYC Student Counseling Service.





WELCOME from the Head of Psychology

**Antonia Svensson
Dianellou, Ph.D.**

Head of Psychology
Department, Associate Dean

The Department of Psychology at New York College is one of the School's largest Departments. Through our more than 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 (concentration in Positive Psychology), 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!





Psychology degrees offered at NEW YORK COLLEGE

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.



BSc (Hons) Psychology, Psychotherapy and Counselling with Foundation year

The University of Bolton psychology courses are ranked top in the UK for teaching quality by The Times and The Sunday Times Good University Guide 2020, as well as top in the UK for student satisfaction by The Complete University Guide 2020. The University of Bolton is in the Top 50 UK Universities (2021 Guardian league table).



- A unique opportunity for students to explore, acquire and critically apply concepts, theories and models used in all three disciplines - Psychology, Psychotherapy and Counselling.
- We offer both a 4-year full-time programme, the first year of which is taught in Greek and the rest exclusively in the English language, or a 3-year programme for candidates who fulfil the entry requirements.
- 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).
- The UK based course is one of only a few Psychology, Psychotherapy and Counselling degrees in the UK that is accredited by the British Psychological Society (BPS) as conferring eligibility for the Graduate Basis for Chartership (the first step towards becoming a Chartered Psychologist in the UK).
- Graduates of the NYC Athens based course may apply for Graduate Basis for Chartership of the BPS, via the International Route by individual application.



BS Concentration in Psychology (Area of Studies: Human Development)

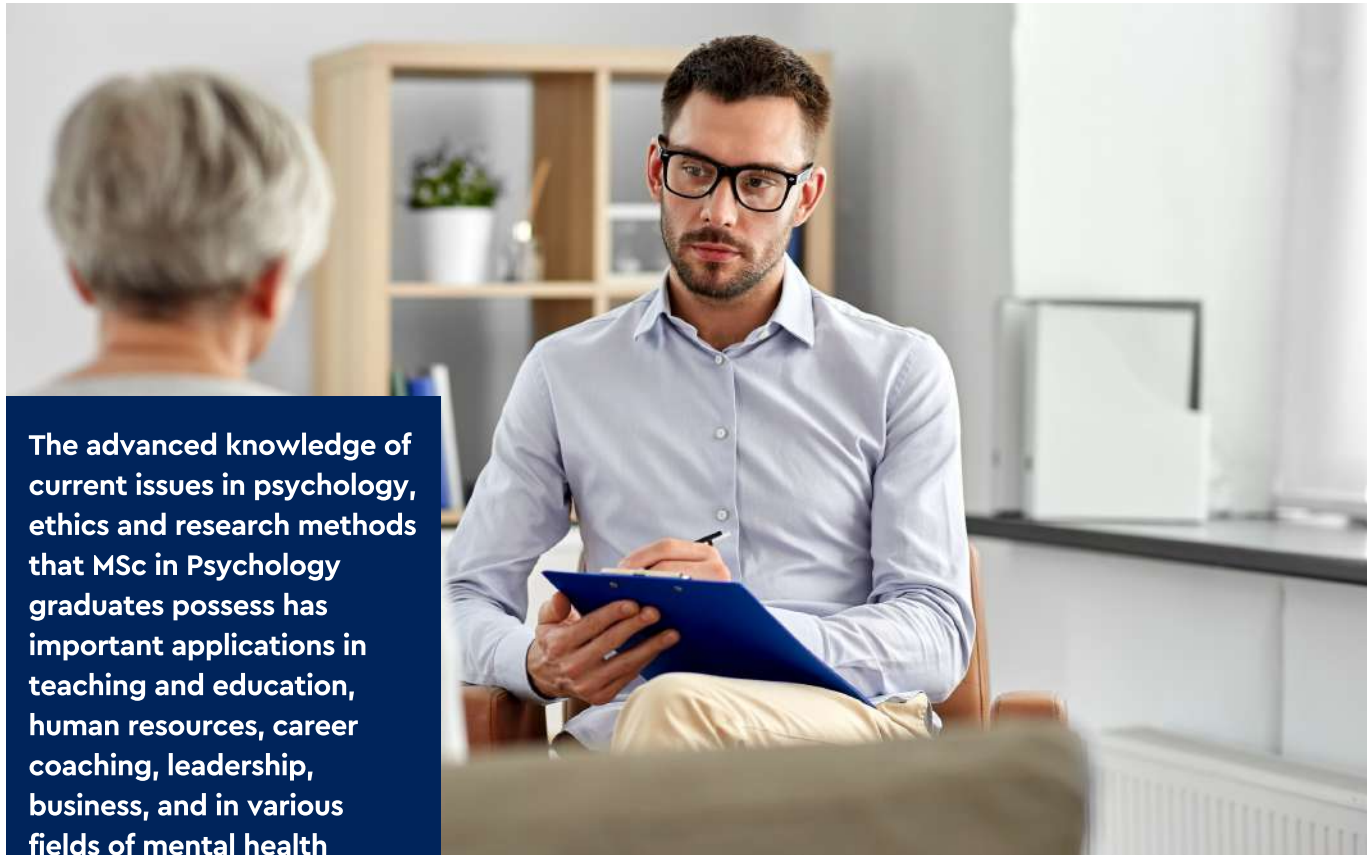


- A rigorous and flexible programme, offering a solid background for a number of subsequent career and educational choices.
- Students who complete the NYC/Empire State College undergraduate program can follow many career options such as (to name a few), human services specialists, personnel analysts, 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.





MSc in Psychology

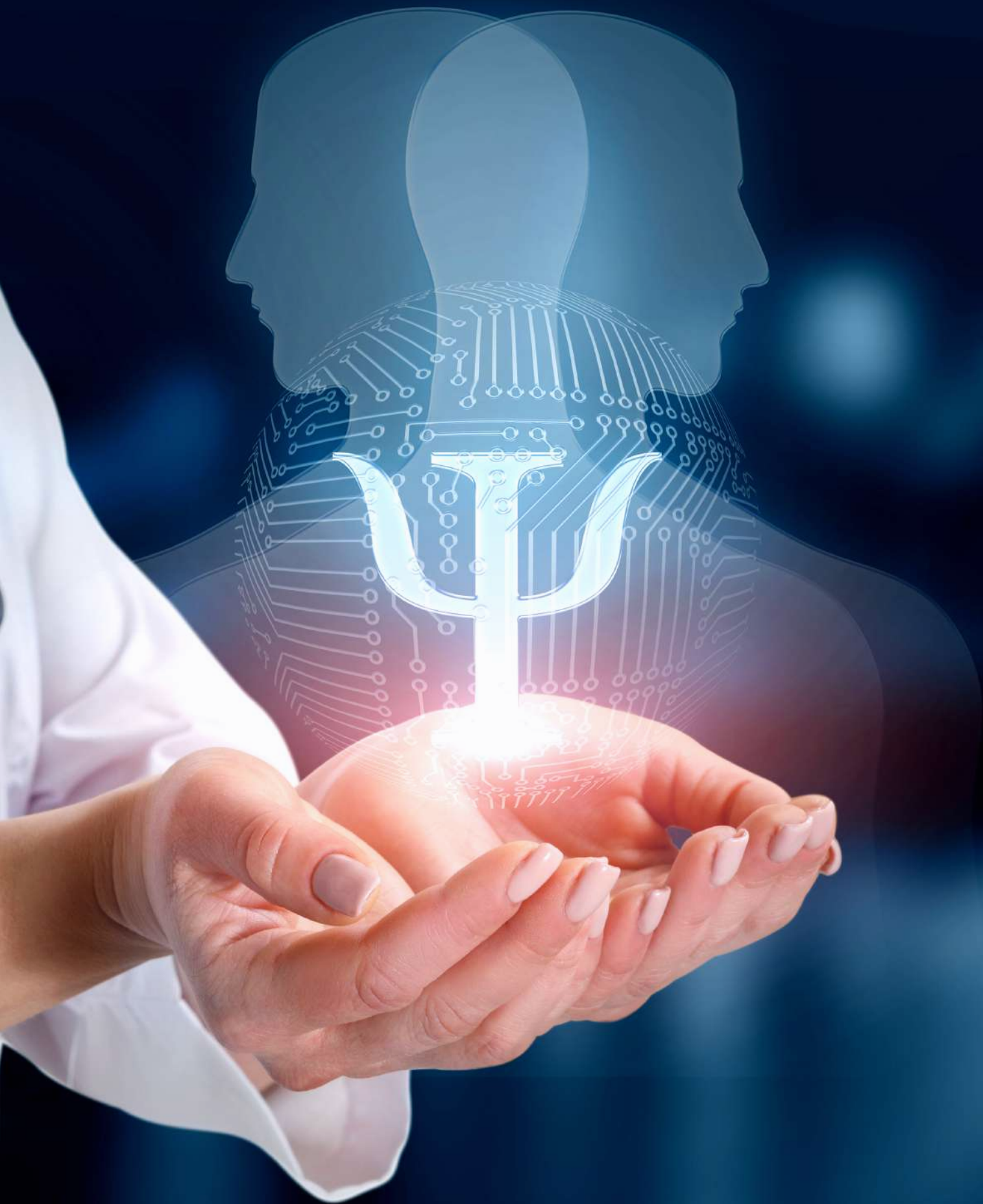


The advanced knowledge of current issues in psychology, ethics and research methods that MSc in Psychology graduates possess has important applications in teaching and education, human resources, career coaching, leadership, business, and in various fields of mental health counselling.

This 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 successfully combine on their post-graduate studies whilst working.

Topics studied include: Positive Psychology (theories, research findings and positive psychology interventions) and both qualitative and quantitative research methods in Psychology. After completing 6 taught modules students progress to the Dissertation module, where they design, conduct and write up an original piece of research in the area of their choice, within the entire field of 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.

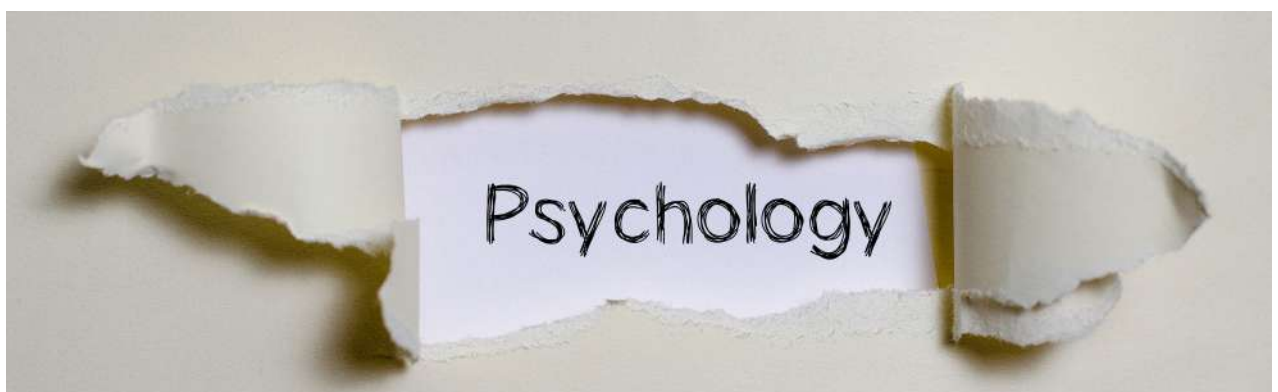


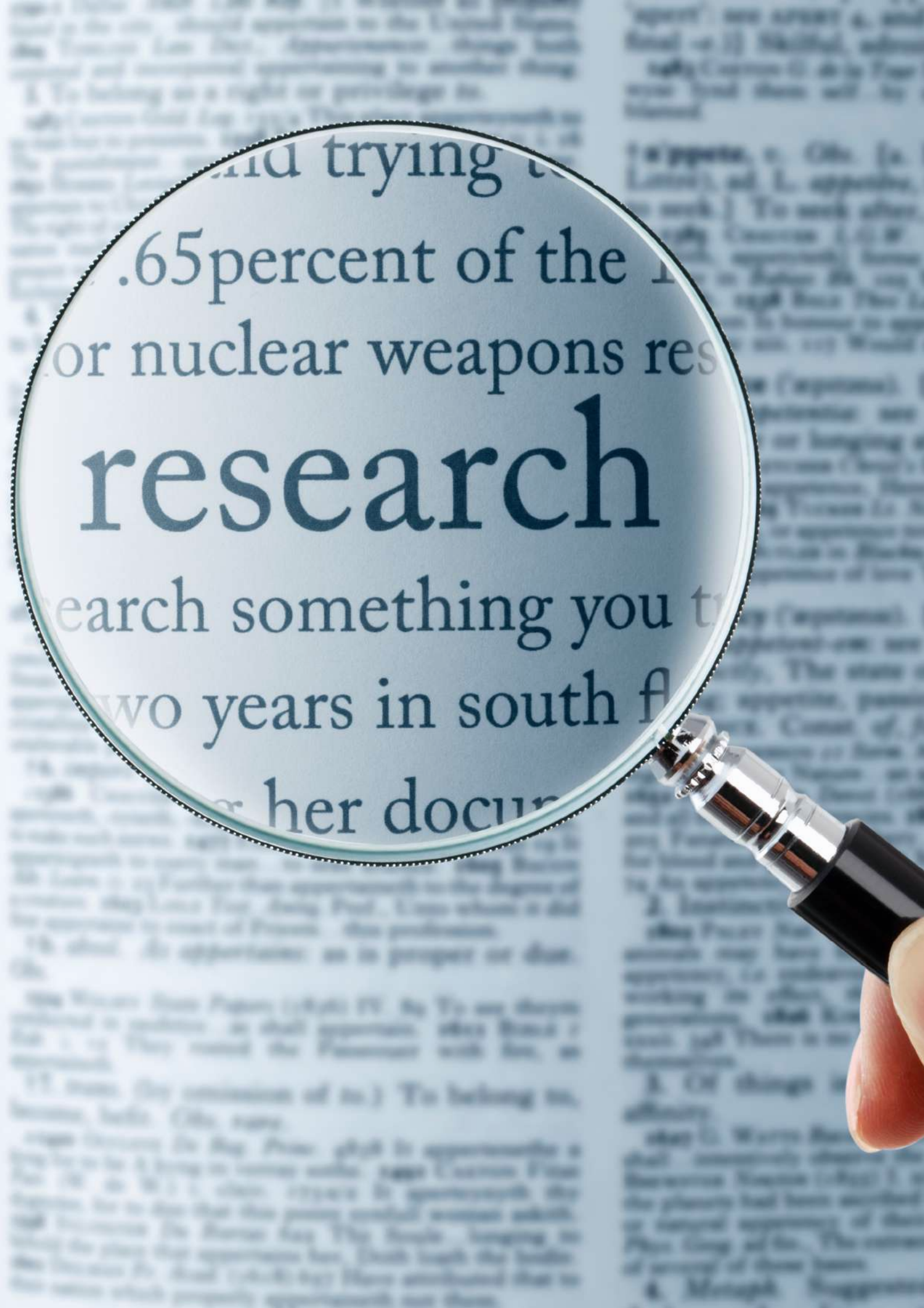
MPhil / PhD in Psychology



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.





research

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 Koletsis, 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, 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.

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

or contact the

Head of Psychology

Antonia Svensson, Ph.D.

Head of Psychology

Department,

Associate Dean,

svensson@nyc.gr



The NYC Psychology Club



NEW YORK COLLEGE
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The Club meetings will start once again after the summer. **NYC students from any Department of studies are welcome and encouraged to attend.**

More news will be announced in October. For further information contact svensson@nyc.gr

What do you think? Will you join us?

During the academic year 2020-21 the NYC Psychology Club met on Friday afternoons. The weekly meetings began during the extended COVID-19 lockdown, as an extra-curricular activity that could take place online when opportunities to socialise were otherwise very limited. The Psychology Club is a student-led initiative that was facilitated by final year Bolton psychology students Vaggelis Arvanitidis and Michaela Nakou with the support of Dr Antonia Svensson, Head of the Psychology Department.

The Friday meetings involved lively discussions on topics such as diverse as motivation, stress, sleep, personal relationships and the concept of freedom. Club members could share some their personal experiences, if they wished to, and beliefs and hidden assumptions were examined whilst the group engaged in critical discussion and debate. Often members shared resources, such as articles and videos, from experts on the agreed discussion topic via Teams. Friendships were forged and new knowledge was gained.

On Friday 25th June, the last Club meeting of the academic year was held. The discussion topic was, naturally, Endings and New Beginnings. We brainstormed ideas for the future of the Club and said goodbye to the Club leaders of the year. Michaela played an important role in the formation of the Club earlier this year but she was unfortunately absent from meetings towards the end, due to her new job. Appreciation was expressed to Vaggelis in particular, whose regular presence throughout, and whose and warm and open style of communication, facilitated many thought-provoking and inspiring discussions... and sometimes a very lively debate!

THE UNBEARABLE COMPLEXITY OF SLEEP

Arvanitidis Evaggelos

Co-leader of the NYC Psychology Club, June 2021

Take a snooze, zonk out, doze off, lie down, have a nap. Dozens of phrases and words are used to describe the term sleep. How many times we have wished someone "sleep well" or "sweet dreams"? How many times we have said these phrases before entering Morpheus' kingdom? Put simply, sleep is when someone closes his/her eyes and wakes up the following morning.

“ Did you know?
"An average
person spends the
one third of his/her
life in sleep". ”

References

Carskadon, M. A., & Dement, W. C. (2005). Normal human sleep: an overview. *Principles and practice of sleep medicine*, 4, 13-23.
Meltzer, L. J., Phillips, C., & Mindell, J. A. (2009). Clinical psychology training in sleep and sleep disorders. *Journal of clinical psychology*, 65(3), 305-318.

Scientifically though, sleep is defined as a reversible behavioral state, leading to detachment of perception and entering an unconscious position for certain hours (Carskadon & Dement, 2005). Important defining features are the timing, quality, regularity and duration of sleep. Also, there are many fields that are studied in relation to sleep: dreams, nightmares, REM Sleep, sleep stages, physiology of sleep, duration and rituals are just some of the many topics that come under the wide umbrella term of sleep. The fact is that sleep is a complicated thing for some people and not at all for others. People who suffer from nightmares about the future, past or current situations, or who suffer from sleep disorders, might find it difficult to sleep peacefully.

Discussions with classmates in the weekly meeting of the Psychology Club of NYC, our ideas, experiences and rituals were shared. We observed that many people were having similar experiences as us.

We discussed the COVID-19 pandemic and how this health crisis and lockdown has affected the mental health of many people. It was observed that many people had experienced a decrease in their sleep quality during the quarantine and were developing a different sleep model from the typical 8 – 9 hours of sleep per night, either by increasing or decreasing the total amount of sleeping hours. Many people engage in rituals and certain patterns around the sleep process. As students we observed similar patterns and our sleep processes often differed when comparing the pre-COVID-19 outbreak period and now. Ongoing issues such as insomnia, nightmares and parasomnias in some cases can be solved through sleep programmes and other forms of specialised training. In other cases, medication and psychotherapy may help (Meltzer, Phillips & Mindell, 2009).

Did you know? "Billions of dollars are spent on sleeping pills and remedies each year.

Speaking of rituals, here are some rituals and patterns about sleep that might prove helpful to our readers:

1. Taking a warm bath or shower and brushing your teeth can be considered as important details for the beginning of an effective sleep plan, as well as planning your activities for the next day.
2. Getting into bed at a certain hour every night, to create a consistent routine.
3. Avoiding sleeping pills, alcohol, nicotine and heavy meals late in the day that could disturb your sleeping hours.
4. If someone cannot sleep after twenty minutes have passed, they can get up, try doing some muscle-relaxing exercises, mindfulness, meditation or any other activities that will lead to relaxation and therefore into sleep more easily.

Tip: "Relaxing activities such as yoga and meditation are both wonderful ways that can lead you more effectively into bed".







Recommended Reading

Book review of Bruce Perry and Maia Szalavitz's Born for Love: Why empathy is essential – and endangered.

**BY NYC FACULTY MEMBER NEFELI KOSKINA, MA
COUNSELLING PSYCHOLOGIST AND PLAY THERAPIST**

Born for Love: Why empathy is essential – and endangered, by Bruce Perry and Maia Szalavitz is a unique and interesting read that brings together psychodynamic formulations and advances in scientific research and neurobiological findings, with clinical case studies. The authors convincingly illustrate how interpersonal relationships and early life bonding affect our biology which, in turn, impacts on the psychological process of empathy. The emphasis on clinical material and therapeutic outcomes is directly relevant to students undertaking Counselling and Psychotherapy studies and is useful to novice practitioners as it is geared towards learning how to integrate applied knowledge into their clinical practice.

The book relies heavily on the clinical experiences of the authors and goes on to study in depth ideas and stories that have developed out of their clinical practice. Starting with a discussion on empathy, and its importance for healthy development, the authors then seek to explore themes connected to the construct of empathy. In Chapter 1 the authors offer the main thesis of this book, that is how the "attentive, attuned and nurturing care of a baby's primary caregiver begins to shape and regulate the developing stress response system" (page, 38).

Each following chapter aims to discuss a central theme with regards to the development of empathy by presenting a clinical case vignette in which this process is illustrated. The authors then go on to link this clinical material with scientific findings and attachment based theoretical formulations creating a well discussed and rounded exploration. The notion of different genetic potentials predisposing children to being empathic or responsive to their environment, is also introduced, in the context of more recent advances in genetics that describe the activation of certain genes through environmental forces.

The subtitle of the book ("why empathy is essential – and endangered") refers to the societal practices in our modern Western culture that overlook the importance of attunement and bonding. A central argument in this book is that expressed empathy has been eroding due to the "rapid changes in our society that have become measurable over the last five decades" (page 292). The authors go as far as to coin the term "relational poverty" (page 297) to refer to the decline in the circumstances and situations that enhance empathy.

In offering the case examples of failed empathy, the authors succeed in providing a thorough and multi-faceted presentation of what empathy is, facilitating a new perspective on empathy as a multilayered process that develops throughout stages and involving different social processes in a young person's life. Indeed, this may be the strongest learning from this book: a closer examining of empathy and it's different aspects in light of empathy's importance in developmental processes and the practice of counselling and psychotherapy. Further, the integration of scientific findings with attachment theory and clinical material, endows attachment based clinical interventions with scientific credibility.

References

Perry, B., & Szalavitz, M. (2011). *Born for Love: Why empathy is essential – and endangered*. Harper Collins Publishers, New York

why empathy is essential—
and endangered

BORN

F  **R**

LOVE

Maia Szalavitz

Bruce D. Perry, M.D., Ph.D.

Success Stories

In 2021 I completed a bachelor's degree in Psychology, Psychotherapy, and Counselling from the University of Bolton UK in cooperation with New York College in Athens (2018-2021).

Before coming to New York College I had studied Social Work at the Greek Mediterranean University/ Technological Institute of Crete. Now I work at the Non-Governmental Organization "Nostos", providing psychosocial support and counselling to refugees and asylum seekers, a domain that I was always interested in. My decision to start a new bachelor's degree was initially challenging. It was a new start that required efficient use of time and effort, but it ended up as a choice that I am grateful for having made.

What did I gain during my time at New York College?

Reflecting on my academic work, and the cooperation with the people in the organization, I observe that through my studies I have further cultivated my organization and analytic skills. In other words, through the academic modules, I practiced the essential tasks of planning, organizing, and analyzing many aspects before making a decision. Moreover, due to the projects that we had to accomplish as part of the degree, I would say that I learned how to manage my time very efficiently, which has helped me both in my personal and my professional life.

What is more, my BSc in Psychology has taught me that as a professional every choice I make is for the best of my group and the autonomy of the people I am working with. Furthermore, through the academic years at NYC I cultivated significantly my resiliency, enhancing my ability to cope in difficult and diverse situations, as well as my communication skills. I gained insight into how to effectively communicate with others and carefully listen to what others choose to share.

The team spirit we achieved in New York College helped me in the exchange of a variety of different ideas and cultivation of close relationships, facilitated by the way we interacted with each other. Regarding our tutors, they were always very open to our ideas and ways of thinking and that led us to feel free to deepen our curiosity and knowledge in the vast field of psychology. Lastly, the structure of the academic modules in the BSc programme and the feedback we received from our tutors were very significant for our personal and professional development.

P.S. Choose a pathway that you are passionate about and explore every dimension of it. Feel free to explore yourself, your ideas, and expand your curiosity as much as you can!

Marianna Nelaj, BSc SUCCESS STORY

Graduate of the BSc Psychology,
Psychotherapy and Counselling



After my studies at the National and Kapodistrian University of Athens, in the department of Philosophy, Pedagogy and Psychology with specialization in Psychology, I attended in the MSc programme of Cognitive Behavioral Psychotherapies, at NYC in partnership with the University of Bolton, where I graduated in 2020.

During my MSc studies, I gained irreplaceable knowledge and experience, I improved the level of my English, got in touch with students from other countries, strengthened my self-confidence and my self-awareness and I had the opportunity to meet remarkable people, teachers and professionals in the fields of psychology and psychotherapy.

The MSc programme required me to complete a supervised practice placement, which I undertook at the NYC Student Counseling Service Center as a trainee CBT therapist. This experience equipped me with many skills, especially the skill of self-reflection, with passion for what I would like to do as a future therapist and also prepared me to deal with difficult situations and to be flexible.

As a CBT trainee I also had the opportunity to participate in various activities, such as preparing and presenting psycho-educational seminars and webinars to NYC students, under the supervision of the course team, to contribute to the Student Wellbeing area of the NYC E-learning platform, and to hold counselling sessions with students. Throughout the whole MSc programme I was supervised by great people in the field of psychology, who prepared me well for my future career.

At this moment, I am working as a counsellor in the education and training center of Euroergasiaki SA, Educational Institution (<https://euroergasiaki.gr/>), where I have the opportunity to use what I learned during my studies in my daily job and also to expand my knowledge and my experience further.

My advice to young students is to not forget about their goals, to remember the reason why they want to study and to appreciate themselves as they are and to believe in themselves. Knowledge is a great journey that never stops, requires time, loyalty and patience and is a precursor to a wonderful professional career.

Sofia Mertysi, MSc SUCCESS STORY

Graduate of the MSc Cognitive Behavioural Psychotherapies programme



Psychology Department Invited Speaker Series

During the academic year 2020-21 the Psychology Department of New York College once again organized an Invited Speaker Series.

This year, due to the COVID-19 pandemic, the talks were held in the virtual NYC Wellness Café. In addition, the Student Counselling Service held interactive workshops and webinars throughout the year on many topics, including:

- **Positive Relationships: The secret strength of happiness**
- **COVID-19 and Psychological Wellbeing**
- **Mindfulness: from theory to practice**
- **Panic Attacks: What are the causes, symptoms and treatment?**
- **What is depression and how does it affect quality of life?**
- **Anger and Aggression**
- **Self-care for mental health**
- **Mindful Eating: from nutrients to nourishment**

For the Wellness Café series of talks, clinicians, academics, students and members of the general public had the opportunity to get together virtually and discuss many topical issues in psychology and psychotherapy today.

The Wellness Café talks are free to attend and open to the general public as well as to NYC students. Participants can find out about the talks via NYC social media accounts and sign up via the NYC website. Certificates of participation are provided and recordings of the talks can be found on the NYC YouTube channel.



Live Διοικητικό Σεμινάριο

What is Mindfulness? From Theory to Practice
Tuesday, 16th February, 18.00-20.00
RSVP: www.nyc.gr

Speaker: Dr. Lindy McMullin
Lecturer in Personal Development and Multiculturalism, Motivational Speaker, Author, Holistic Therapist and Researcher.

Coordinator: Konstantinos Kalachanis
Research & Evaluation University of Essex, Philosophy, PhD in Philosophy, Research Coordinator, New York College



Live Διοικητικό Σεμινάριο

Στρατηγικές βελτίωσης των διαπροσωπικών σχέσεων
Πέμπτη, 25 Φεβρουαρίου, 17.00 έως 19.00
Δηλώσεις συμμετοχής: www.nyc.gr

Ομιλητής: Δημήτριος Τσίρκας
Ψυχολόγος, Επιπαραρτητής Ψυχολογικής Ψυχολογίας, Κέντρο Νέων Προσώπων

Συντονίζει: Κωνσταντίνος Καραχάνης
Δρ. Φιλοσοφίας BEd, Research Coordinator, New York College



Live Διοικητικό Σεμινάριο

Promoting health and wellness through community empowerment
Πέμπτη, 8 Απριλίου, 18.00 έως 20.00
*Τα σεμινάρια θα πραγματοποιηθούν στην ονлайн πλατφόρμα

Ομιλήτρια: Dr. Eneze Vida Estacio
Ψυχολόγος

Συντονίζει: Κωνσταντίνος Καραχάνης
Δρ. Φιλοσοφίας BEd, Research Coordinator, New York College

Δηλώσεις συμμετοχής: www.nyc.gr ΔΙΕΥΘΥΝΤΗΣ ΠΑΡΑΚΟΛΟΥΘΗΣΗΣ



Live Διοικητικό Σεμινάριο

Θετικές Σχέσεις: Η μυστική δύναμη της ευτυχίας
Πέμπτη, 24 Ιουνίου, 18.00 - 20.00

Ομιλήτρια: Εύη Μανώλη, Ψυχολογία, Ψυχολογία, Κέντρο Νέων Προσώπων

Ομιλήτρια: Εύη Μανώλη, Ψυχολογία, Ψυχολογία, Κέντρο Νέων Προσώπων

Συντονίζει: Κωνσταντίνος Καραχάνης
Δρ. Φιλοσοφίας BEd, Research Coordinator, New York College

Δηλώσεις συμμετοχής: www.nyc.gr

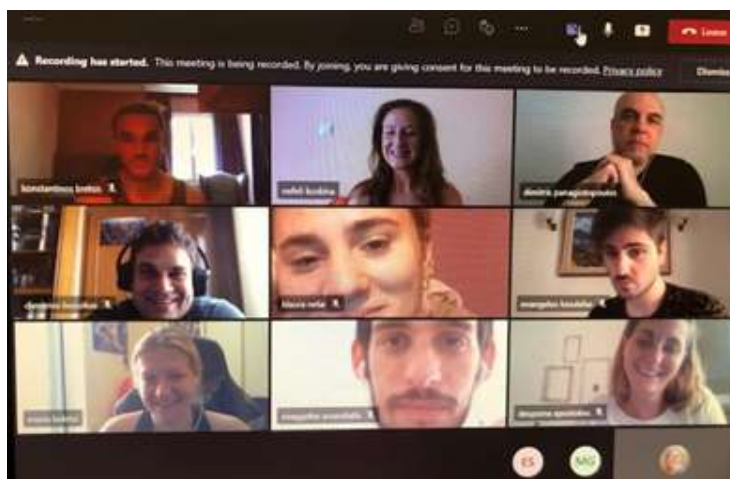
Congratulations graduates of 2021!



We are proud to announce that the first cohort of the new University of Bolton BSc Psychology, Psychotherapy and Counselling successfully completed the programme in June 2021.

The students worked hard throughout their degree and achieved very good results:

75% graduated with a 1st class degree (Distinction) or a very good class of degree (2:1).



Sadly, the graduation ceremony cannot yet be held, due to the COVID-19 regulations. In the meantime, the graduates had the opportunity to thank faculty members, and instructors had the chance to congratulate the new graduates, at an online good-bye meeting.

There was plenty of gratitude and reminiscence... and more than a few teary eyes!



Congratulations to NYC Faculty member Dr Marsha Koletsi on her two research publications this year!

Naci, E., and Koletsi, M.(2021).The relationship between Cognitive Distortions, Hopelessness, and Depression in Parents of Children diagnosed with Autism Spectrum Disorder in Albania. Dialogues in Clinical Neurosciences and Mental Health, 4(2), 81-90.

Authors: New York College MSc graduate Eleana Naci and her research supervisor Dr Marsha Koletsi

Zervos K., Koletsi M. Mantzios M., Tsitsas G., Naska A. (2021).

An eight-week mindful eating program applied in a Mediterranean population with overweight or obesity: the EATT intervention study.

Psychological Reports, 0(0), 1-30.



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 Georgina Angelopoulou (PhD candidate)

Georgina is a clinical neuropsychologist. She holds two undergraduate degrees; from the Department of Philosophy, Pedagogy, Psychology and from the Department of Psychology, National and Kapodistrian University of Athens. She also holds a master's degree in special and Inclusive Education from the Institute of Education, University College London and a master's degree in clinical Neuropsychology from the Faculty of Medicine, National and Kapodistrian University of Athens, School of Medicine/Montreal Neurological Institute, McGill University. She is currently about to complete her PhD at the National and Kapodistrian University of Athens, 1st Department of Neurology. Her doctoral dissertation is focused on neural substrate of cognitive deficits in post-stroke aphasia. In 2017, she got the Doctoral Dissertation Visiting Research Scholarship from Fulbright Foundation and she spent six months in Boston University to conduct part of her doctoral research, where she was trained in several neuroimaging methods. Her research interests include several areas in the field of Clinical Neuropsychology, as post stroke aphasia and neurodegenerative diseases. She has extended experience in neuropsychological assessment of stroke patients, individuals with neurodegenerative diseases, and children with developmental disorders. She is currently involved in a series of research projects on post-stroke aphasia and healthy adults, as a research associate at the Neuropsychology and Language Pathology Unit, 1st Neurology Department of Eginition Hospital. She has co-authored several research papers, book chapters, and conference abstracts.



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 Mary Christopoulou (PhD candidate)

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.



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.

Psychology Faculty



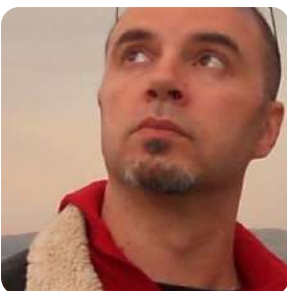
Ms. Nefeli Koskina

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, and is currently undergoing further training in this field, 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. He teaches a wide variety of courses, covering the fields of counselling, social, cognitive and developmental psychology. 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.

**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.

**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 supervises doctoral research for the University of Bolton PhD programme.

**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.

A close-up photograph of a computer keyboard. The focus is on a light blue key that has the word "Support" written on it in a black, serif font. The text is oriented diagonally, following the angle of the key. Surrounding this key are several white keys: one with an asterisk and at-sign, one with a right-pointing arrow, and one with a left-pointing arrow. The background is slightly blurred, showing more of the keyboard's surface.

Support

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 everyday concerns or ongoing problems, such as: feelings of low self-esteem, anxiety, depression, academic concerns, issues with friends and family, and other relationship and/or identity concerns.



The principal aim of the sessions is to provide a safe and confidential space for students to talk about their concerns and be supported. Brief and focused counseling interventions can help students 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 short-term and long-term life goals and develop ways of achieving them.

Individual sessions last 45-60 minutes. All sessions are free and available by appointment during semester time for any student enrolled at NYC, in Greek or in English. Students may be offered a 6 week course of wellbeing sessions, longer-term individual supportive counselling, or Cognitive Behavioural Psychotherapy 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 Antonia Svensson (Tel.: 210 3225961), or send their request via email: counseling@nyc.gr



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