

Curriculum Vitae

Dr. Georgia Gkantona

Assistant Professor of Counselling Psychology

Department of Psychology, University of Ioannina

1. EDUCATION

1.1. UNIVERSITY STUDIES

2003 - 2007 **Aristotle University of Thessaloniki.** Doctor of Philosophy (PhD) in Psychology, Department of Psychology, Thessaloniki, Greece.

1999 - 2002 **Aristotle University of Thessaloniki.** Master of Science in Developmental and School Psychology. Department of Psychology. Thessaloniki, Greece.

1994 - 1999 **National & Kapodistrian University of Athens.** Bachelor of Science in Psychology with the distinction grade: 8.93/10. Department of Psychology, Athens, Greece.

1.2. SCHOLARSHIPS

2000 - 2005 Scholarship for postgraduate studies in Greece: State Scholarships Foundation.

1998 Scholarship for undergraduate studies on the basis of academic performance. National & Kapodistrian University of Athens.

1.3. ADDITIONAL TRAINING IN COUNSELLING & PSYCHOTHERAPY

2010 – 2011 **Athenian Institute of Anthropos (AKMA), Athens, Greece**
Member of a personal growth group (152 hours).

2002- 2008 **Centre of Family Therapy in Thessaloniki, Thessaloniki, Greece** Four years training in Systemic Counselling & Psychotherapy (535 hours).

1998-1999 **TRII- Institute of Innovations & Research, Athens, Greece**
Training in Psychometric Assessment (150 hours) and in Neuropsychological Assessment (120 hours).

1998-1999 **TRII- Institute of Innovations & Research**
Training in Behavioural Psychotherapy (150 hours).

1997-1998 **TRII- Institute of Innovations & Research**
Training in Psychometric Assessment (150 hours).

2. OCCUPATIONAL EXPERIENCE

2.1. TEACHING EXPERIENCE

2023- present **Psychology Department, University of Ioannina, Ioannina, Greece.** Assistant Professor in Counselling Psychology.

2015-2016 **Department of Early Childhood Care and Education, Technological & Educational Institute of Epirus, Ioannina, Greece.** Two teaching semesters as a scientific collaborator.

2013-2015 **Department of Early Childhood Care and Education, Technological & Educational Institute of Epirus, Ioannina, Greece.** Two teaching semesters as a laboratory collaborator.

2012-2013 **Department of Accounting and Finance, Technological & Educational Institute of Epirus, Preveza, Greece.** One teaching semester as a scientific collaborator.

2012-2013 **Department of Early Childhood Care, Technological & Educational Institute of Epirus, Ioannina, Greece.** One teaching semester as a laboratory collaborator.

2017 – 2022 **National Centre for Public Administration and Local Government (INEP - EKDDA). Athens, Ioannina, Thessaloniki.** Teaching in 47 programmes related to mental health issues (415 hours).

2010– 2022 **Centre of Systemic Therapy & Counselling (KESYTHES), Ioannina, Greece.** Scientific collaborator, lecturer and clinical supervisor in a training programme of Systemic Counselling and Psychotherapy (700 hours). The programme is certified by EFTA.

- 2005 - 2010 **Mediterranean College of Athens** Lecturer in BSc in Psychology and Higher National Diploma in Counselling & Psychology programmes (816 hours).
- 2000 - 2013 **Department of Early Childhood Care and Creative Expression, Public I.E.K., Greece.** Teaching staff in psychology lessons.

1.2. CLINICAL PRACTICE

- 2007 -2022 **Private Practitioner Psychologist/ Psychotherapist**, (Psychology licence: 21/07/99/ 13555) working with children, adolescents, adults, couples, and families, Greece.
- 4/2021 – 12/2022 **Research Centre for Gender Equality (KETHI).** Staff's clinical supervisor for mental health issues.
- 2017-2018 **Kindergartens of Preveza local government.** Psychological counselling in staff, children and their parents.
- 1-3/2017 **Arsis Management Hotels in Epirus Region, Epirus region NL-KVK-27108436-A-04976-09-507182.** Psychologist's duties in a refugee camp.
- 6/2015-11/2015 **Institute of Occupation of Epirus (ΓΣΕΕ), Preveza, Greece.** Career counselling in young adults.
- 7-9/2014 **Developmental Partnership TOPEKO, Arta, Greece.** Career and psychosocial rehabilitation counsellor in high risk unemployed people.
- 5/2013-1/2015 **Technological & Educational Institute of Epirus, Preveza, Arta, Greece.** Career Counsellor.
- 2007–2011 **National Programme of deinstitutionalization "Psihargos", Society for Systems Therapy and Intervention (Scientific Responsible: Prof. Nicolas Paritsis), Athens, Greece.**
www.sosyti.gr
 Full time psychologist with duties in organizing and supervising of intervention programmes that aimed to psychosocial rehabilitation of psychiatric patients, family therapy sessions, staff meetings etc.

3. TEACHING OBJECTIVES

- 2012-2016 **Department of Early Childhood Care and Education, Technological & Educational Institute of Epirus, Ioannina, Greece.**
- Developmental psychology II, 3 semesters
 - Counselling psychology, 1 semester
 - Introduction to psychology, 1 semester
 - Clinical psychology, 1 semester
 - Psychopathology, 1 semester
- 2012-2013 **Department of Accounting and Finance. Technological & Educational Institute of Epirus. Preveza, Greece.**
 Organizational psychology, 1 semester
- 2017-2022 **National Centre for Public Administration and Local Government (INEP - EKDDA).** Indicative programmes:
- Training programmes of the KETHI Counselling centres staff on counselling skills, career counselling and gender based counselling.
 - Promoting social skills: Coping with occupational stress.
 - Promoting social skills: Group dynamics and organizational change
 - Training of administrative staff of public sector in communication skills and conflict resolution.
- 2005-2010 **Mediterranean College of Athens, Athens, Greece**
 Higher National Diploma in Counselling & Psychology:
- Counselling skills
 - Relationship counselling
 - Personal growth
 - Humanistic perspectives
- BSc in Psychology:

- Advanced Counselling Skills
- Contemporary Approaches in Psychotherapy
- Advanced Counselling Psychology

2010 - 2022 **Centre of Systemic Therapy & Counselling (KESYTHES), Ioannina, Greece**

Systemic counselling and psychotherapy perspectives. Indicatively:

- Constructivist approaches in counselling
- Social constructionism
- Narrative approach
- Open dialogue approach
- Dialogical self theory: Theoretical perspectives and clinical implementations

2002-2013 **Department of Early Childhood Care and Creative Expression, Public I.E.K., Greece.**

- General psychology, 2 semesters
- Developmental psychology, 2 semesters
- Social psychology, 1 semester
- Psychopathology, 2 semesters

SCIENTIFIC SUPERVISION

Department of Early Childhood Care and Education, Technological & Educational Institute of Epirus, Ioannina, Greece.

1. Níka.A, et al., (2015). Aggressive behaviour, self -destructive behaviour and tantrums in toddlers.
2. Grammati, A. (2014). Separation anxiety: Stages, developmental course and coping.

4. SCIENTIFIC WORK

4.1. PhD Thesis

Gkantona, G. (2007). *The Contribution of Personal and Psychosocial Factors during Students' Adjustment to University*: Department of Psychology, Aristotle University of Thessaloniki.

4.2. PUBLICATIONS IN PEER-REVIEWED SCIENTIFIC JOURNALS

1. **Gkantona, G.** (2022). My Inner World: Analyzing the Client's Self-Dialogicality with the Method of Internal Multi-Actor Performance. *Journal of Constructivist Psychology*, DOI: 10.1080/10720537.2022.2100534.
2. **Gkantona, G.** (2019). Creating space for happiness to emerge: The processes of emotional change in the dialogical stage model. *British Journal of Guidance & Counselling*, 47:2, 190-199, DOI: 10.1080/03069885.2018.1478059.
3. **Gkantona, G.**, Ydreou, A., Lefkaditi, E., & Paritsis, N. (2014). Improving Adaptive Functioning in Profoundly Mentally Retarded and Behavior-Disordered ex Hospitalized Adults. A Control Study. *Human Systems: The Journal of Therapy, Consultation and Training*, Vol. 25:1, pp. 77-86.
4. **Gkantona, G.** & Stogiannidou, A. (2009). Students' Differentiation from the Family System: The Concept of Personal Authority and its Relationship with University Adjustment. *Scientific Publications of Psychology Department, Part H'*, p. 343-361. Thessaloniki, Aristotle University of Thessaloniki, Greece.

4.3. BOOK CHAPTERS

1. **Gkantona, G.** (2018). The dialogical approach to family therapy. In V. Papadioti - Athanasiou & L. Softa - Nall, (Eds.), *Systemic family therapy*. (p. 229 - 248). Athens, Topos.

4.4. EDITING AND TRANSLATION OF BOOKS

1. Hermans, H. & Hermans-Konopka, A. (2017). *Dialogical Self Theory: Positioning and Counter-Positioning in a Globalizing Society*. Editing and translation to Greek from **Gkantona, G.** Athens: Parisianou. (The original book was published in 2010 from Cambridge University Press, New York).
2. McMahon, M. & Patton, W. (2016). *Career counselling: A constructivist approach*. Editing and translation to Greek from **Gkantona, G.** Athens: Parisianou. (The original book was published in 2006 from Routledge, London and New York).

4.5. ARTICLES IN SCIENTIFIC PROCEEDINGS

1. **Gkantona, G.** (2015). Are negative emotions signals for changing the self or/and symptoms to be treated? A case example illustrating a dialogical stage model for emotional change. 2nd Joint WPA/INA - HSRPS International Psychiatric Congress: Pluralism in Psychiatry II. Multidimensional Considerations. October 30 – November 2, 2014, Athens, Greece. Proceedings edited by C. Soldatos, D. Dikeos, M. Riba, P. Ruiz, D. Bhugra, M. Riba. *Medimond Publishing Company*, (pp. 75-78), Bologna, Italy.
2. **Gkantona, G.**, Lefkaditi, E. & Paritsis, N. (2015). Continuous development in social skills in profoundly retarded adults: Is there a case of neuroplasticity? 2nd Joint WPA/INA-HSRPS International Psychiatric Congress: Pluralism in Psychiatry II. Multidimensional Considerations, October 30 – November 2, 2014, Athens, Greece. Proceedings edited by C. Soldatos, D. Dikeos, M. Riba, P. Ruiz, D. Bhugra, M. Riba. *Medimond Publishing Company*, (pp. 75-78), Bologna, Italy.
3. **Gkantona, G.**, Idreou, K., & Paritsis, N. (2014). Human Systems Therapy (HST) for individuals with intellectual disability. 1st Joint WPA/INA-HSRPS International Psychiatric Congress: Pluralism in Psychiatry, Diverse approaches and converging goals. November 29 - December 2, 2012, Athens, Greece. Proceedings edited by C. Soldatos, P. Ruiz, D. Dikeos, M. Riba. *Medimond International Proceedings*, (pp. 155-160), Bologna, Italy.
4. **Gadona, G.**, Stogiannidou, A. & Kalantzi-Azizi, A. (2006). Reliability and Validity of the College Adaptation Questionnaire in a sample of Greek University students. FEDORA PSYCHE Conference, 8-11 June 2005, Groningen, The Netherlands. Proceedings edited by T. Boekhorst and E. Uildruiks. *Internationalization within Higher Education in an expanding Europe. New developments in Psychological Counselling*, (pp. 129-134), FEDORA - Louvain-la-Neuve.

4.6. ARTICLE REVIEWS

- 2 article reviews for British Journal of Guidance & Counselling
- 1 article review for Journal of Constructivist Psychology

4.7. CONFERENCE PARTICIPATIONS

4.7.1. WORKSHOPS AND SYMPOSIUMS

1. **Gkantona, G.** (2022). *Between localization and globalization: The therapist's positioning and connectedness in a rapidly changing world*. Chair of the Symposium. Eleventh Conference of the European Family Therapy Association: Systemic Resonances and Interferences. 7-10 September, Ljubljana, Slovenia.
2. **Gkantona, G.** (2021). *Implementing the internal multi-actor performance method (IMAP) towards a new identity formation*. International Society for Dialogical Science (ISDS). Invited workshop in the digitally conducted 11th International Conference on the Dialogical Self, 7-10 June, Barcelona, Spain.
3. **Gkantona, G.** (2019). *Physical and Psychological Spaces that Favour Self-Reflection: Identifying my Internal Voices*. International Certificate for Collaborative - Dialogic Practices (ICCP). Workshop in the 4th International Congress of Collaborative - Dialogic Practice, 27 - 29 June, Brno, Czech Republic.
4. **Gkantona, G.** (2016). *The implementation of the Dialogical Stage Model for emotional change in anxiety disorders treatment*. International Society for Dialogical Science (ISDS). Invited workshop in the Ninth International Conference on the Dialogical Self, 7 - 10 September, Lublin, Poland.
5. Papadioti-Athanasidou, V. & **Gkantona, G.** (2015). "Systemic Career Counselling in a World Gignesthe". Invited Symposium in the 3rd Greek Conference of the Psychological Association of Northern Greece. "Psychology and Education: Current Orientations and Implementations", 9-11 October, Ioannina, Greece.
6. Paritsis, N. & **Gkantona, G.** (2010). *A new systemic method of intervention in people with severe pervasive developmental disorders for improving their functioning*. Workshop in the 7th Congress of European Family Therapy Association: «60 years of family therapy, 20 years of EFTA... and after? New ways for systemic practice», 29 - 31 October, Paris, France.

4.7.2. PRESENTATIONS IN INTERNATIONAL CONFERENCES

1. **Gkantona, G.** (2022). *The multiple layers of the client's request: How does the client position the therapist in a world of uncertainty?* Eleventh Conference of the European Family Therapy Association: «Systemic Resonances and Interferences». 7-10 September, Ljubljana, Slovenia.

2. **Gkantona, G.** (2021). *Processes of therapeutic change in the implementation of the Polyphonic Drama Method: A dialogical Analysis*. 1st Conference of the Association of European Qualitative Researchers in Psychology (EQUIP): Creating Bridges (Online). 16-19 June, Thessaloniki, Greece.
3. **Gkantona, G.** (2016). *Therapist's reflecting in metaphoric language: Forming relational analogies between the therapist and the client regarding their inner experience*. Ninth Conference of the European Family Therapy Association: «From Origins to Originality in Family Therapy and Systemic Practice», 28 September – 1 October, Athens, Greece.
4. Paritsis, N., **Gkantona, G.** & Lefkaditi, E. (2014). *Continuous, "over 6 years, improvement of adaptive functioning in adults with profound mental retardation, through systemic intervention*. European Family Therapy Association. 1st European Conference on Systemic Research in Therapy, Education and Organisational Development: «Linking Systemic Practice and Systemic Research», 6-8 March, Heidelberg, Germany.
5. Paritsis, N. & **Gkantona, G.** (2014). *Testing a Law of Optimal Variety and Order for Development, through Action Research on Profound Mentally Retarded Adults*. International Society for the Systems Sciences (ISSS). «Learning across Boundaries: Exploring the variety of systemic theory and practice», 28 July - 1 August, Washington, DC, USA.
6. **Gkantona, G.** & Paritsis, N. (2010). *The application of systemic practice in the enhancement of adaptive behaviour for people with pervasive developmental disorders: A repeated measures study*. 7th Congress of European Family Therapy Association: «60 years of family therapy, 20 years of EFTA... and after? New ways for systemic practice», 29 - 31 October, Paris.
7. **Gkantona, G.**, Stogiannidou, A. & Kalantzi-Azizi, A. (2007). *Relationship between Adjustment to University and Characteristics of the Students' Family of Origin*. FEDORA PSYCHE Conference. «Crossing Internal and External Borders. Practices for an Effective Psychological Counselling in the European Higher Education», 5-8 September, Rethymnon, Greece.
8. **Gkantona, G.**, Stogiannidou, A. & Triliva, S. (2004). *Relationship Between Perception of Personal Authority and Adjustment of University Students*. Psychological Society of Northern Greece. 1st International Conference of the Psychological Society of Northern Greece: "Quality of Life and Psychology", 3 – 5 December, Thessaloniki, Greece.
9. Kaffantzi, V., Karakitsou, M., Zotou, T., Chatzi, S., Sarafianou, V. & **Gkantona, G.** (2004). *Women's stories. A systemic investigation on Problems of Women Asking for Psychological Help*. European Family Therapy Association. 5th European Congress of Family Therapy and Systemic Practice: "Creating Futures- Systemic Dialogues across Europe", 29 September - 2 October, Berlin, Germany.

4.7.3. PRESENTATIONS IN NATIONAL CONFERENCES

1. **Gkantona, G.** (2015). *The Occupational Narragram as a tool of Career Counselling*. 3rd Greek Conference of the Psychological Association of Northern Greece. "Psychology and Education: Current orientations and Implementations", 9-11 October, Ioannina, Greece.
2. **Gkantona, G.** (2015). *Early manifestations of young children's dialogical abilities*. 13th Greek Conference of Preschool Education: «Current Psychoeducational Perspectives in Preschool education. Theory and Practice», 20 – 22 March, Ioannina, Greece.
3. **Gkantona, G.** & Paritsis, N. (2010). *Increasing functioning in people with mental retardation and behavioural problems: An action research*. Society of Systemic Therapy and Intervention. 4th Greek Conference of Systemic Therapy, 30 April – 2 May, Analipsi Hersonisou, Crete, Greece.
4. **Gkantona, G.** & Paritsis, N. (2009). *The Application of a Systemic Approach to Improving the Functioning of Individuals with Severe Mental Retardation and Behavioural Problems*. 12th Greek Conference on Psychological Research. Hellenic Psychological Society. «The Contribution of Psychological Research to the Current Society», 14 – 17 May, Volos, Greece.
5. Kaffantzi, V., Karakitsou, M., **Gkantona, G.**, Zotou, T., Sarafianou, B., & Hatzis, S. (2005). *Psychological Problems of Women*. Systemic Association of Northern Greece. 4th Greek Conference of Family and Systemic Therapy, 8 – 10 April, Thessaloniki, Greece.
6. **Gkantona, G.**, Stogiannidou, A., Kalantzi-Azizi, A. (2003). *First year University students' adjustment: An exploratory Approach to a Greek Student Population*. 1st Greek Conference of the Psychological Association of Northern Greece., 21 – 23 November, Volos, Greece.
7. **Gkantona, G.** & Stogiannidou, A. (2002). *Contribution of Psychological Factors to University Students' Adjustment*. Greek School Psychologists' Association. 2nd Greek Conference of School Psychology, 6 – 8 December, Thessaloniki, Greece.

4.7.4. INVITED TALKS

1. **Gkantona, G.** (2019). *The dialogical self as a society of mind: Theoretical foundation, psychotherapeutic perspectives and techniques*. Plenary session. Systemic Association of Northern Greece: «In relation to Ourselves», 23-24 November, Thessaloniki, Greece.
2. **Gkantona, G.** (2019). Coping with negative emotions during breast cancer treatment. 1st Local Health Unit (TO.M.Y.) Preveza: «Breast cancer: Prevention as a way of life», 25 October, Preveza, Greece.
3. **Gkantona, G.** (2018). *Child and divorce: Dealing with the consequences in the family and school*. General hospital, MHC Filiates, PECES Seminar: «Loss in childhood», 5 December, Igoumenitsa, Greece.
4. **Gkantona, G.** (2018). *Centering and decentering movements in the self: A dialogical counselling perspective*. Hellenic Society of Counselling, Laboratory of Educational Psychology, Counselling & Research of the Department of Primary Education. University of Ioannina «Bridges of Integrity in Counselling», 20 October, Ioannina, Greece.
5. **Gkantona, G.** (2015). *Occupational stress in employment and in unemployment*. INE/GSEE Epirus. "Information network and career counselling", 14 October, Preveza, Greece.
6. **Gkantona, G.** (2015). *Epictetus' perspective on freedom, happiness and resilience*. Antiquities bureau of Preveza. European days of cultural legacy: «Violence and tolerance», 27 September, Preveza, Greece.
7. **Gkantona, G.** (2015). *The psychological dimensions of bullying in University students*. Department of Accounting and Finance. Technological & Educational Institute of Epirus, 5 May, Preveza, Greece.
8. **Gkantona, G.** (2014). The psychosocial profile of the unemployed people today. Municipality of Preveza, «Local actions for social integration», 13 October, Preveza, Greece.
9. **Gkantona, G.** (2014). *Career counselling: New theoretical tendencies and practices based on constructivism*. Youth Counselling Centre & Centre of Counselling & Orientation (KESIP). «Counselling in School Settings», 8 March, Ioannina, Greece.
10. **Gkantona, G.** (2014). *Utilizing pupils' active membership, creative thought and narrating in occupational orientation*. Youth Counselling Centre & Centre of Counselling & Orientation (KESIP). «Counselling in School Settings», 8 March, Ioannina, Greece.
11. **Gkantona, G. & Paritsis, N.** (2009). *Improving skills of mentally retarded persons by implementing a systemic intervention: A repeated measures research*. Unit of Support and Supervision of the Programme Psyhargos, 25 November, Athens.

4.7.5. PARTICIPATION IN RESEARCH

1. **Boarding house of Epakmos, Society of Systemic Therapy and Intervention.** Research project on "Improving the functioning skills of people with mental retardation and psychiatric disorders after Human Systems Therapy interventions", (2007 – 2011). (Scientific responsible N. Paritsis, Assoc. Professor of Psychiatry, Medicine School, University of Crete, Greece).
2. **Mental Health Centre of Thessaloniki's West Sector, Psychiatric Hospital of Thessaloniki.** Research project on: "Psychological problems of women referred to a Mental Health Centre" (9/2003 – 2/2004). Coding and statistical processing of research data. (Scientific responsible. Dr. V. Kaffantzi, Psychiatrist, Director of Public Health System), Thessaloniki, Greece.
3. **Department of Computer Science, Athens University of Economics and Business.** International project LEONARDO (1997-1999): «Guidance Towards The Future». Preparation of the educational material in the Greek language of a professional guidance for career counselling. (Scientific responsible E. Giannakoudakis, Professor). Athens, Greece.

5. MEMBERSHIP IN SCIENTIFIC SOCIETIES

- Member of the Hellenic Psychological Society
- Member of the Psychological Society of Northern Greece
- Member of the International Society for Dialogical Science (I.S.D.S.)
- Effective individual member of the European Family Therapy Association (E.F.T.A.)