Personal Information

Phone Number

+30 6947961110

Email

gella.el@hotmail.com

Nationality

Greek/ American

www.linkedin.com/in/gella-eleftheriou-5ba782252

Expertise

- Cognitive Behavioral Therapist
- Licensed Psychologist/ Therapist
- Children and Adolescent Therapy
- Adults Therapy
- Counseling
- Depression
- Anxiety Disorders
- Eating Disorders
- Couples Therapy
- Relationships
- Dance Therapy
- Play Therapy
- School Therapy
- Spss Programing Skills
- Online Therapy
- ECDL (Microsoft Office Skills)
- Volunteer Work
- Article Writer in Psychology
- Research Papers in Psychology
- Research Papers in other fields

Language

Greek: Native Speaker

English: Native Speaker/ Proficiency of Michigan State University

French: Good, A2 of Delf, In progress

Spanish: In progress

Angeliki Eleftheriou

Licensed Psychologist/ CBT Psychotherapist/PhD Candidate

Licensed psychologist with a degree from the National and Kapodistrian University of Athens, specializing in Cognitive Behavioral Therapy (CBT). Currently serving as a CBT therapist at the Cognitive Behavioral Therapy (CBT) Studies Organization. Holds an MSc in Child and Adolescent Mental Health from the European University in Cyprus. Currently pursuing a PhD in Psychology at the European University of Cyprus. Dedicated to providing therapeutic support to children, adolescents, and adults through a comprehensive and compassionate approach. Operating a private practice to facilitate mental well-being across diverse age groups.

Education

European University of Cyprus (2025- Present)

PhD in Psychology

My doctoral research explores the role of self-regulation in managing school bullying, with a focus on its psychological implications and professional adaptation. The study aims to contribute to the understanding of self-regulatory mechanisms in educational settings and their impact on bullying prevention and intervention.

2022- Now

Cognitive Behavioral Therapy (CBT) Studies Organization, Athens Greece

Cognitive Behavioral Therapy

Dedicated professional with four years of intensive study at the Institute of Behavioral Therapy, specializing in Cognitive Behavioral Therapy (CBT). Passionate about applying psychological insights to help individuals navigate and overcome challenges for improved mental well-being. Engaged in clinical research at the Institute of Behavioral Therapy, contributing to advancements in the field while honing practical skills in applying evidence-based strategies for mental health improvement through Cognitive Behavioral Therapy (CBT)

2021- 2023

European University of Cyprus

MSc: Child and Adolescent Mental Health

Holder of an MSc in Child and Adolescent Mental Health from the European University of Cyprus, equipped with advanced knowledge and specialized training in understanding, assessing, and addressing mental health issues in the young population. Committed to making a positive impact on the well-being of children and adolescents through evidence-based interventions. Additionally, adept in collaborating with parents to create a holistic approach to child and adolescent mental health. Skilled in fostering effective communication and providing support to parents, recognizing their crucial role in the overall well-being and development of the young individuals under care

2017- 2021

National and Kapodistrian University of Athens

Bachelor Degree in Psychology

Holder of a Bachelor's degree in Psychology from the National and Kapodistrian University of Athens, where I developed a solid foundation in the core principles of psychology. This educational background has equipped me with a comprehensive understanding of human behavior and cognitive processes, laying the groundwork for my subsequent specialization in Child and Adolescent Mental Health and in CBT.

2014- 2017

High School (Second General High School of Chios)

Work Experience

2022- Now

In-office and online

CBT therapy sessions with children/ adolescents and adults

Since 2022, I have been operating as a Cognitive Behavioral Therapy (CBT) therapist, providing services both in-office and online. Specializing in working with children, adolescents, and adults, I am dedicated to fostering mental well-being through personalized and accessible therapeutic interventions.

June 2022- September 2022

Summer Camp organized by the municipality of Chios

Children Therapy, Group Therapy and Parent Counseling (Volunteer Work)

June 2021- September 2021

Center of Children and Adolescents, Chios Greece

Internship as a Psychologist

Therapy Skills:

- Proficient in Cognitive Behavioral Therapy (CBT) techniques
- Expertise in conducting assessments and formulating personalized treatment plans
- Strong interpersonal and communication skills for building rapport with clients
- Specialized in working with children, adolescents, and adults
- Experience in both in-office and online therapy modalities
- Ability to create a safe and supportive therapeutic environment
- Proficient in crisis intervention and de-escalation techniques
- Continuously updating skills through ongoing professional development and training

Personal Characteristics:

- Empathetic and compassionate, fostering a supportive therapeutic relationship
- Strong interpersonal and active listening skills
- Culturally sensitive and adaptable to diverse client backgrounds
- Resilient and composed in challenging situations
- Collaborative and open-minded, valuing input from clients in the therapeutic process
- Excellent problem-solving abilities to address clients' unique needs
- Maintains a high level of confidentiality and professionalism
- Committed to ongoing self-reflection and growth as a therapist

Published Articles

2023- 2024

Cognitive-Behavioral Therapy (CBT), Institute for Behavioral Research and Treatment Magazine

Eating Disorders: The Contribution of Cognitive Behavioral Therapy and CBT-E

Conference Participation

8th Panhellenic Conference on Cognitive and Behavioral Psychotherapies November 2024, Athens, School of Philosophy, University Campus Participant

Research Papers

2023- 2024 (Support for Academic Project)

Sports Studies: Sociology, History, Anthropology, Hellenic Open University

Gender identities and sport. The case of the women's soccer team of Asteras Chalkida. A qualitative research

2022- 2023

European University Cyprus (MSc in Child and Adolescent Mental Health)

Researching the relationship that an individual has developed with each parent separately, in combination with the eating habits that he/she has adopted. A quantitative research

2020- 2021

National and Kapodistrian University of Athens (Bachelor Degree in Psychology)

Cyberbullying: a Clinical Research of the Phenomenon in Adolescents and its Response Strategies. A quantitative research

Erasmus Program

August 2021

Italy- Melissa (Calabria)

Youth Change Erasmus program entitled G.R.O.W. (Genesis and Roots of the World)

Seminars

Dance Therapy and Professional Dance Certificates (IDTA), Galena Velikova Dance Academy (2017- Now)

School Psychology, University of Patras Greece (August 2022- June 2023)

Special Education, University of Patras Greece (August 2022- June 2023)

Cognitive-Behavioral Therapy (CBT), Prevention & Counseling Center (June, 2022)

Introduction to group psychotherapy, Scientific Association of Child and Adolescent care (SY.ME.P.E.), (March 2022- April 2022)

Mental Resilience and Covid19: The impact on the family, A' Psychiatric Clinic of the Medical School, National and Kapodistrian University of Athens (5/2/21)

The phenomenon of women abuse, National and Kapodistrian University of Athens, (27/10/2020)

The Profile of the Criminal, Interdisciplinary and Research Psychosocial Support of Children and Adults (2019)

Toxic relationships and toxic behavior (2019) Interdisciplinary and Research Psychosocial Support of Children and Adults (2019)