

# ALEXANDRA SYMEONIDOU

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## PERSONAL INFORMATION

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Date of Birth: 01/07/1998      Citizenship(s): Greek

## FIELDS OF INTEREST

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Clinical Psychology, Counselling, Psychotherapy

## EDUCATION

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- 07/2023 – Present      **Pink Therapy- sex, gender and relationship diversities** – London, UK  
*Diploma in Gender, Sexual and Relationship Diversity Therapy*
- Offered a place for the new cohort of the 1-year online specialist training that focuses on working with therapy clients of diverse genders, sexualities, identities, relationships, lifestyles & practices accredited by National Counselling Society (NCS)
- 10/2022 – Present      **Cognitive Behavioural Studies Association (CBSA)** – Athens, Greece  
*Clinical Training in Cognitive Behavioural Psychotherapy*
- 4-year program accredited by European Association for Behavioural and Cognitive Therapies (EABCT)
- 09/2021 – 08/2022      **Leiden University**– Leiden, the Netherlands  
*MSc in Clinical Psychology; GPA Cum Laude; Thesis: Risk and Protective Factors for Depression: A Network Analysis*
- 09/2017 – 12/2019      **DEREE – The American College of Greece** – Athens, Greece  
*Minor in Sociology; GPA 3.93/4.0*
- Stavros Niarchos Foundation Scholar
- 10/2016 – 02/2021      **National and Kapodistrian University of Athens** – Athens, Greece  
*Ptychion in Psychology; GPA 9.02/10; Thesis: 10/10*
- 08/2018- 12/2018      **University of Virginia**- Charlottesville, VA, U.S.A.  
*Study Abroad Program, In Partnership with the American College of Greece*
- Stavros Niarchos Foundation Full merit-based Study Abroad Scholarship
- 09/2013 – 07/2016      **Manolis Andronikos; 1st Peiramatiko Lyceum of Thessaloniki** – Thessaloniki, Greece  
*Apolytirion; GPA 19.8/20*
- Nationwide University Examination score 18.945/20000

## WORK EXPERIENCE

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- 09/2022– Present      **Yasemi** – Leiden, the Netherlands & Polykastro, Greece  
*Psychologist, MSc., Private Freelance Practice*
- Offering online counselling sessions to English and Greek-speaking populations worldwide
  - Soft Skills Trainings & Psychoeducational Workshops
  - Participating in Supervision Sessions simultaneously with my clinical training in CBT
  - Blog writing, social media and website functioning skills
- 02/2022– Present      **AntiLoneliness** – Leiden, the Netherlands  
*Psychologist, MSc.*
- Counseling cases under supervision and intervision
  - Training in CBT, EFT, DBT, ACT, CFT, TA, and Schema Therapy
  - Training on blog writing, presentations, social media and website functioning skills
- 07/2022 – 08/2022      **Junior Researcher Program Internship** – University of Cambridge, UK  
*Junior Researcher, Policy Research Group project “Poor but not by choice(s): The persistence of cognitive biases across economic groups”, Kai Ruggeri, Columbia University*
- Development of statistical skills based on previously collected datasets and training in academic writing
  - Finishing the given tasks, attending group meetings, trainings, working sessions & presentations
  - Participating and presenting in the JRP Conference my MSc Thesis and Junior Researcher Project
- 07/2021 – Present      *Junior Researcher, project “Predicting support or a lack thereof: How do policymakers navigate the highly polarised public policy space?”, Jelka Stojanov, University of Oxford*
- Contributing to the project execution and completion with my international team
  - Finishing the given tasks, attending group meetings, trainings, working sessions & presentations
- 07/2021 – 08/2021      **Willingness** – Ғаз-Ғеббуғ, Malta  
*Intern Psychology Assistant, Willingness Sex, Family & Health Clinic*

## ALEXANDRA SYMEONIDOU (Cont.)

- Training with each clinic, observation of their real-client multidisciplinary case reviews
- Training on academic blog writing and presentation skills, weekly blog writing
- Conducting a Systematic Review and a Clinical Audit

08/2020 – 11/2020 **251 Hellenic Air Force General Hospital** – Athens, Greece

*Intern Psychology Assistant, Psychiatric Clinic*

- Join the Multidisciplinary Team and Clinical Supervision
- Assist with the diagnosis, treatment (psychiatric liaison), and functional assessment of patients

07/2021- 07/2022

**EFPSA, European Federation of Psychology Students' Associations** – Brussels, Belgium

*Researcher, Research Summer School project "Effectiveness of e-Mental Health Interventions in Routine Care", Anne Etzelmüller, Implementation Research Manager at HelloBetter*

- Actively participating in the Research Summer School & annual EFPSA Congress
- Contributing to the 12-months project by finishing the given tasks, attending group meetings, trainings, working sessions, discussions, and supporting team members

07/2019 – Present

*Soft Skills Trainer. Completed Train the Trainers Summer School and delivered trainings on;*

- <https://1drv.ms/x/s!AgiLxgCRs-atdNjwe871JMhNumQ>

09/2019- 07/2020

*Local Coordinator for Mind the Mind Campaign- to Combat the Stigma of Mental Disorders*

- Promoted, chose, and trained volunteers, translating, and evaluating the material
- Contacted schools, NGOs, and Institutions to host Campaign Workshops

02/2020-07/2020

**Symvouleftikos Stathmos Petroupoli** – Athens, Greece

*Intern Psychology Assistant, Consulting Station*

- Participated in sessions as an observer and Clinical Supervision
- Assisted with new patient intake and conducted psychological Assessments

01/2019-07/2019

**Dimitrios Rigas, Psychiatric Office** – Athens, Greece

*Intern Psychology Assistant*

- Assisted with new patient intake and conducted psychological Assessments
- Participated in sessions as an observer and Clinical Supervision

10/2017-12/2017

**SOS Children's Village** –Vari, Greece

*Intern Psychology Assistant, Learning and Education Center*

- Assessment, goal setting, and intervention in the special educational needs of a student according to the model of behavior analysis under supervision

## PUBLICATIONS

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Ruggeri, K., Ashcroft-Jones, S., ..., Symeonidou, A., ... & Stock, F. (2023). The persistence of cognitive biases in financial decisions across economic groups. *Scientific Reports*, 13(1). <https://doi.org/10.1038/s41598-023-36339-2>

Ruggeri, K. Symone Tutuska, O., ..., Symeonidou, A., ... & Ashcroft-Jones, S. (2023). The psychology and policy of overcoming economic inequality. *The Behavioral and brain sciences*, 46, e174. <https://doi.org/10.1017/S0140525X23001103>

## PARTICIPATION & VOLUNTEERING

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11/2023

*Complex Grief & Complicated Mourning: Brief Intervention Models*, Cognitive Behavioural Studies Association (CBSA), Greece

12/2022

*Effective Trauma Interventions in Psychotherapy*, Cognitive Behavioural Studies Association (CBSA), Greece

10/2022 – 07/2023

*Clinical Psychopathology*, 1-year clinical training at Eginitio Psychiatric Clinical Hospital, Greece

09/2022

*Resolving Trauma in Psychotherapy: A Somatic Approach*, Peter Levine, PESI, Psychotherapy Networker

09/2022

*Getting Confident working with Trauma Memories and PTSD: A Schema Therapy perspective*, Chris Hayes, Schema Therapy Training Online

11/2022

*5th EFPSA Conference "Breaking Walls, Building Bridges"*, EFPSA, Portugal

## ALEXANDRA SYMEONIDOU (Cont.)

03/2021	<i>Labyrinth of Training: First Aid Mental Health</i> , NGO Kinitro & NGO Iasis, Athens
11/2020 – 04/2021	<i>Seminar Series LGBTQ+ Identities</i> , Athens LGBTQ Youth Community, Athens
10/2019	<i>6th Panhellenic Conference on Cognitive Psychotherapy</i> , Greek Association for Cognitive & Behavioral Psychotherapies (GACBP), Thessaloniki
04/2018	32 <sup>nd</sup> EFPSA Congress “ <i>Exploring Personality-Diversity and Individual Differences</i> ”, EFPSA, Malta

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### SKILLS

Language	Greek (Native), English (Proficient), German (Good – B2), Spanish (Basic – A2)
Technical	SPSS, JASP, Jamovi, MS Word, PowerPoint, Excel, Social Media
Professional	Adjustability, Flexibility, Active Listening, Clinical judgment, Sense of responsibility, Empathy, Good at planning, multitasking, decision-making, Group & Project Management, Mathematical Thinking

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### INTERESTS

Traveling, Camping, Hiking, Dancing, Reading poetry, Going to concerts and the theater, Sailing