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Date of birth 19-4-1976

Place of birth Kiev (Ukraine)

Nationality Greek

WORK EXPERIENCE

Counselling & Psychotherapy

2014 **Guest Trainer at Himalayan Pathway Psychotherapy Institute, Kathmandu, Nepal**

2013-present **Anastasia Christidou Counselling & Psychotherapy, Brussels, Belgium**
Working with adult expats, multicultural populations and couples in areas of:
social skills & problems, life changes, identity issues, adjustment, anxiety, fear, stress, emotional literacy, relationships, depression & mood, self esteem & confidence, occupational & academic issues, psychosomatic issues, health & body

2012-present **Parent Effectiveness Training (P.E.T.) workshops**

2010-present **Life is an Invitation Centre, Rotterdam, the Netherlands**
Working with adult expats and multicultural populations and couples

2008-2010 **Private Practice, Athens, Greece**
Volunteer work with low-income populations
(approaches: Integrative Counselling, Psychodynamic Counselling)

Music

1995-2010 **Orchestras:** Greek National Opera, Camerata, Orchestra of Colours, Rotterdam Young Philharmonic, Continuo, FeminArte...
Chamber Music: Prague Cello Quintet, Trio Da Camera, Erato Quartet, SOA BEM...
Teaching: Contemporary Conservatory of Athens, CODARTS internship, private lessons
Singer: for avant-garde band Penthesilea and their album "Lisp"

Other functions

2013 Taking minutes at EAGT Executive Committee meetings, General Board meetings and Annual General Meeting (Amsterdam March 2013, Krakow September 2013)

2011-2012 Angelic Meditations – GEOM!* (translation from Greek to English)

2011 The Golden Codes of Shamballa – GEOM!* (translation from Greek to English)

2009 Nicholas Roerich Conference, University of Indianapolis Athens Campus, Greece organization, co-ordination, introductory speech, administrative work

QUALIFICATIONS

2009-2013	4 year specialization in Gestalt Psychotherapy Gestalt Foundation Training Center, Athens, Greece
2009-2011	BA (Hons) in Integrative Counselling Middlesex University, London, United Kingdom
2007-2009	Diploma in Integrative Counselling (validated by COSCA) Athens Synthesis Center, Athens, Greece
2002-2007	Bachelor of Arts in Music Performance (Classical Cello) CODARTS, University for the Arts, Rotterdam, the Netherlands
2000-2002	Cello Highest Degree Hellenic Conservatory, Athens, Greece
1997-1999	Certificate of Cello Postgraduate Studies Prague Conservatory, Prague, Czech Republic
1992-1997	Cello Higher Degree Hellenic Conservatory, Athens, Greece
1992-1994	Specialization: Social Work Multisectoral Lyceum of Ilioupolis, Athens, Greece

TRAINING PROGRAMMES/PROFESSIONAL TRAINING

2014	<ul style="list-style-type: none">• <i>The situation in flesh and bones, from somatic to field experience, 19hrs</i> Frank, R & Robine , JM• <i>Violence, Abuse, Trauma..., 28hrs</i> Balliou, D
2013	<ul style="list-style-type: none">• <i>15th Annual Residential Of Gestalt Foundation: Aggression: The functional and the non-functional aspects of aggression in Gestalt Therapy, 34hrs</i>• <i>Death as an integral part of our lives, 28hrs</i> Giamarelou, G & Balliou, D
2012	<ul style="list-style-type: none">• <i>Family Genogram: a window to the future, 21hrs</i> Giamarelou, G & Balliou, D• <i>Parent Effectiveness Training (P.E.T.), 40hrs</i> Papagos, A• <i>14th Annual Residential Of Gestalt Foundation: Experience and Process in Gestalt Therapy, 34hrs</i>
2011	<ul style="list-style-type: none">• <i>Crisis Intervention, 32hrs</i> Giamarelou, G• <i>Guided Imagery and Music (GIM) Level 1, 35hrs</i> Körlin, D & Papanikolaou, E• <i>13th Annual residential of Gestalt Foundation: Creative adjustment of a society in crisis, 34hrs</i>

- *DSM IV Psychopathology and Diagnosis*, 28hrs Minou, D

- 2010
 - *A Gestalt Therapy approach to learning disabilities*, 56hrs Tsilimpokou A & Orfanou, A
 - *Gestalt Therapy summer residential (therapy-dance-theater)*, 30hrs
 - *12th Annual residential of Gestalt Foundation: Gestalt therapy in action*, 32hrs

- 2009
 - *The Reality and the Magic of Process Work: non locality for inner relationship and team work*, 21hrs Mindell, Arnold & Amy

- 2008
 - *Egan's model for counselling*, 16hrs Grigoropoulos, Y
 - *Reconnective Healing, Level 3* Pearl, E
 - *Transactional Analysis 101*, 40hrs Widdowson, M
 - *Chopra meditation*, 12hrs Assimakis, P
 - *Stress management & Relaxation Techniques*, 16hrs Grigoropoulos, Y
 - *Therapy session skills*, 16hrs Triantafylou, K

- 2007
 - *Emotional Intelligence*, 16hrs Triantafylou, K

CONFERENCES

- 2013 **“The heart of connecting co-creating individuals and communities”**
11th Conference of the European Association for Gestalt Therapy (EAGT)

- 2010 **“Lost in transformation- Changing Identities in a Changing World”**
10th Conference of the European Association for Gestalt Therapy (EAGT)
workshops with M. Spagnuolo Lobb, J. Melnick, L. Osborne & S. Denham-Vaughan

- 2009 **“Our life through dreams”** Annual Conference of the Hellenic Counselling Association,
workshops of Process Work, Gestalt Therapy, Existential Therapy

MEMBERSHIPS

Hellenic Association for Gestalt Therapy (HAGT), European Association for Gestalt Therapy (EAGT)

OTHER SKILLS

- Languages: Greek & English (excellent proficiency), Russian (very good proficiency)
French & Dutch (basic proficiency), Czech (elementary proficiency)

- Computing: Windows 2000/XP/Vista/7, Microsoft Word/Excel/Microsoft Power Point