**Gina G. Thanopoulou** Tel (m): +30 6945 541 188

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**APA Membership: #8115-3381** [linkedin.com/in/ginagthanopoulou](https://www.linkedin.com/in/ginagthanopoulou) | <http://ginagcounseling.com/>

***COUNSELLING PSYCHOLOGIST & TRAINER ON SELF LEADERSHIP***

Provide personal or group counseling and deliver training to promote

self -awareness, self-leadership, and emotional well-being

* Trainer & Lecturer: Design and run seminars and workshops on emotional intelligence, self-awareness and self- leadership based on direct training under Daniel Goleman at Harvard University and extensive knowledge of his work.
* Counseling Psychologist: provide individual, couple, and parent counseling to adolescents and adults presenting a range of issues, including attention disorders, anxiety, bullying, depression, and bereavement.
* Career Counselor: provide career counseling and testing focusing on self-exploration for adults considering career change.
* Spokeswoman and Advocate for children’s rights: Run workshops for ‘Make-a-Wish’, ‘Safe-Water-Sports’, ‘Mazi gia to Paidi’, and ‘Home-Project’ to affectively address the psychological needs and safety of children

**PROFESSIONAL EXPERIENCE**

**Private Practice** Athens, 1996 – Present

**Counseling Psychologist, Career Counselor, and Learning Differences Specialist**

* Provide individual couseling services to help adults improve self-awareness/esteem and interpersonal relationships and cope with anxiety, grief/loss, and empty nest sydrome.
* Delivered more than 500 career planning and counselling programs for adolescents, and adults, guiding them through a step-by-step self-exploration journey and clarifying their personal, career, and educational goals.
* Work with adolescents and adults to develop skills, such as organization, time management, self-esteem, and effective study habits.
* Provide individual counseling services to a culturally diverse group of children, pre-adolescents and adolescents (aged 9–18) diagnosed with attention disorders, anxiety, depression, and bereavement.
* Collaborate with Psychiatrists and Clinical Psychologists to support children with eating disorders, self-harm, depression, and suicidal ideation.

**Trainer and Lecturer**

* Run workshops and seminars on educational, family, emotional-awareness and career management issues. Recent examples include:
* ‘Theurapeutic keys in Interpersonal Relations according to the Theory of Emotional Intelligence’, Love-Falling in Love-Sex: The tryptich of Relationships Conference, Hellenic Association of Counselling, Charokopeio University, 2 – 3 Nov 2019, Athens Greece
* Self-knolwedge, Self-care, Self Development and Building of Strong Relationships, Series of Seminars, Palas Amphitheater, Oct – Nov 2019
* ‘Empty Nest Sydrome’, HAEF, 14 Oct 2019, Athens, Greece
* ‘Keys to a Balanced Life using the 3Ss’, Series of five seminars, B & M Theocharaki Foundation, Oct – Nov 2019, Athens, Greece
* ‘Therapeutic Triangle of Parents, Children and School’, American College of Greece, 25 Mar 2019, Athens, Greece
* ‘Emotional Intelligence Skills for Parents’, American College of Greece, 22 March 2019, Athens, Greece
* ‘The value of self-care for teachers through Emotional Intelligence’, French Institute, Titania Hotel, 3 Sept 2018, Athens, Greece

**International School of Athens (ISA)** Athens, 1999 – 2016

***Director of Counseling and Learning Center***

* Recruited to set up and ensure the effective operation of the Psychological Counseling and Guidance services department for the 500 students of the school aged 5–18.
* Designed and oversaw the programs providing Psychoeducational Counseling to students for emotionals issues (with parent and teacher participation), diagnosis and learning support for children with learning differences, Career Guidance, and Admissions Counseling.
* Hired, trained, and coached a team of 12, including educational psychologists, special educators, speech therapists, and career and admissions counselors.

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International School of Athens (ISA) – CONTINUED

* Provided individual and family counseling services to culturally diverse group of children and their families (aged 12–18) presenting issues including attention disorders, anxiety, depression and bereavement, and family conflict.
* Designed and delivered more than 200 seminars and workshops on family conflict, bullying, building self-esteem, listening and improving inner voice, communication skills etc.
* Ran anti-bullying campaign including group and one-to-one counseling, reducing cases of bullying by 45% within a year.

**Pierce – The American College of Greece** Athens, 1996 – 1999

***Director of Counseling, Career Planning and Learning Differences Coordinator***

**OTHER EXPERIENCE**

**Athens Medical Partners** Athens, 2016 – Present

***Head Psychologist***

* Provide Counseling and assisting patients of all ages and family members in dealing with emotional stress associated with treatment and providing a program to improve well-being.

**Life Clinic Group** Athens, 2016 –2017

***Head Psychologist***

* Set up the psycholocical counseling department and provided counseling services to children and adults.
* Designed and delivered a ‘Parentology’ programme focusing on developing effective parental skills.

**Hellenic Institute for Financial Literacy, Athens University of Economics and Busines** Athens, 2017 – Present

***Member of Scientific Committee & Lecturer***

**HuffingtonPost.gr** Athens, 2015 – Present

***Columnist on Pyschological, Educational, and Social Topics***

**Psychologies Magazine** Athens, 2013 – 2015

***Senior Columnist***

# EDUCATION

**Harvard University, HGSE, Ed. M Human Development and Psychology,** Cambridge, Massachussets, USA, May 1994

Honors: *magna cum laude*

* Received Merit Scholarship and specialised in Psychological Support, Emotional and Physical Health of Children, Adolescents, Parents, Couples & Female Psychology and Health.

**Emerson College**, **MA Psychology and Theatre Education,** Boston, USA, August 1992

Honors: *magna cum laude*

**American College of Greece, BA Psychology and History,** Athens, Greece,June 1988

Honors: *Valedictorian*

**PROFESSIONAL DEVELOPMENT**

**Parent Effectiveness Training,** Instructor Trainer Workshop and Certification, Gordon Training International, Athens, Greece

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Professional Development CONTINUED

**Harvard Medical School (Department of Psychiatry) and Cambridge Hospital Professional Services,** Boston MA, USA

International Conference: Mindfulenss and Psychotherapy (Trainer Daniel Goleman), May 2017, Meditation & Psychotherapy (Trainer Daniel Coleman), May 2016 & May 2011, Anxiety Disorders, Nov 2007, Practicing Positive Psychotherapy, Dec 2007, Spirituality and Healing in Medicine, Dec 2007, Female Psychological Health – Treating Couples and Family Therapy, Oct 2004, Treating Bipolar Disorder from Childhood to Adulthood, Nov 2004

# MEMBERSHIPS

**Professional Memberships:** American Psychology Association: Member - #8115-3381; European and British Association for Counselling: Member - HAC0149; Hellenic Association for Counseling: Member - GR1250

**Memberships:** International Association of University of Women; Harvard Club of Greece: Member (2006 – Present), Harvard Executive Committee: Vice President (2000 - 2006), and Executive Secretary (1996 - 2000), Honorary Member – Counseling Psychologist, Parents’ Association of Greek Diplomatic Core, Greek Ministry of Foreign Affairs; Society of Wives of the Greek Diplomatic Corps.

# HONORS

UNESCO Greek Chapter for Contribution to Education, Counselling & Volunteer Work for Children, Families & Parents in Need (2016)

# SKILLS

**Languages:** Greek native,English and French fluent

**IT Skills:** Proficient user of MS Office

**Volunteering:** Make-A-Wish, Safe Watersports, UNESCO Home-Project, Mazi-gia-to-Paidi

# SELECTION OF PROFESSIONAL PRESENTATIONS AND PUBLICATIONS

## *Keynote Speaker:*

‘[Dangers and Challenges in Adolescence’](https://www.blod.gr/lectures/sheseis-gonion-me-paidia-stiv-proefibeia-efibeia-ktisimo-aytopepoithisis-kalliergeia-synaisthimatikis-noimosynis-prostasia-apo-prokliseis-kindynous-topothetisi-orion/), IANOS, 5 May 2018, Athens,Greece

‘Therapeutic Triangle’ International meeting for learning difficulties, Association for the Promotion of Psychological and Psychiatric Health of Children and Adults, Athens Hilton, 16-18 Dec 2017

‘Challenges in Adolescence and Pre-adolescence’, Panteion Universtiy, 18 Nov 2017

‘Psychological counseling & academic support as key factors for the emotional balance and success for children with learning differences,’ Association for the Promotion of Psychological and Psychiatric Health of Children and Adults, Athens, Hilton, May 2015

## ‘How to support adults and families to deal effectively with the financial crisis,’ Greek Association of Counseling in collaboration with the European & British Counseling Association, Hellenic American Union, Nov 2014, Athens, Greece

## *Participations:*

## *‘*How to support children with learning differences’, International Meeting for Learning Difficulties, Association for the Promotion of Psychological and Psychiatric Health of Children and Adults, Cyprus, 16-18 Dec 2019

## ‘Financial Literacy: Emotional Intelligence Development’, Greek Institute of Financial Literacy, Civitel, 12 Sept 2019

## ‘Support girls to raise their voices and express their true identity’, Living-Postcards, 22 Nov 2018, Athens, Greece

## *Interviews:*

## ‘The importance of Self-care’, Thrive Global Greece, 11 January 2018

## ‘The key to life balance and Happiness’, Living Postcards, 4 June 2018

**Media Appearances:**

‘Women and Loneliness’, Today, SKAI TV, 29 Nov 2017

‘How to deal with Fear’, Ola gia tin Ygeia, MEGA Channel, 2016

‘The art of developing happy children’, STAR Channel, 18 Nov 2016

**Articles:**

‘Time to Grow up’, Huffingtonpost.gr, 24 Sept 2017

Why emotional intelligence is more important than IQ, Huffingtonpost.gr, 2 Mar 2017