

Academic Personnel Short Profile / Short CV

University:	Neapolis University Paphos
Surname:	Dr Efthvoulou
Name:	Lina
Rank/Position:	Lecturer in Psychology
Faculty:	School of Health Sciences
Department:	Department of Psychology
Scientific Domain: *	Chartered Counselling Psychologist

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
Professional Doctorate in Counselling Psychology (DCounsPsych)	2018	University of Manchester, UK	School of Environment, Education and Development	Experiences of psychosis explored through first-person narratives and implications for Counselling Psychology clinical practice
Certificate in Behavioural Activation for Depression (CREDO)	2020	University of Oxford, UK	Department of Psychiatry	
MSc Mental Health: Psychological therapies	2013	Queen Mary University of London, UK	Department of Clinical Psychiatry	A Systematic Review: Therapeutic factors and their manifestation in group psychotherapy for psychiatric patients
BSc (Honours) Psychology	2012	Open University, UK	Department of Psychology	

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
2018	2020	Private Practice Psychological Therapist – Specialised Consultant	Nicosia	Chartered Counselling Psychologist
2017	2018	Cyprus National Guard & KENTHEA	Limassol	Chartered Counselling Psychologist/trainee
2015	2017	NHS Primary Care, IAPT Service, Greater Manchester Mental Health NHS Foundation Trust	Manchester, UK	Counselling Psychologist in training

**Research Projects. List the five (5) more recent and other five (5) selected
(max total 10)**

Ref. Number	Date	Title	Funded by	Project Role*
1	2017	L. Efthyvoulou, 2017. Experiences of psychosis explored through first-person narratives and implications for Counselling Psychology clinical practice and research.	Personal	Main Researcher
2	2016	L. Efthyvoulou, 2016. Self-reflecting stories of a trainee therapist: Exploring narratives as meaningful experiences in CBT training and practice contributing to the development of a Counselling Psychologist – Case study	Personal	Main Researcher
3	2015	L. Efthyvoulou, 2015. An ever-evolving awareness: A case study exploring the self-awareness enhancing experiences of a trainee Counselling Psychologist during a Person-Centred therapy session with a client.	Personal	Main Researcher

4	2015	L. Efthyvoulou, 2015. A qualitative exploration of perceived schizophrenia experiences: A systematic review	Personal	Main Researcher
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Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees.				
List the five (5) more recent (Optional Entry)				
Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2017-2018	KENTHEA	Organised and facilitated 8-week experiential workshop groups for vulnerable adolescent in school settings.	While I was working at KENTHEA after meetings with education stakeholders I gathered information on educational and psychological needs of young persons at Dali high school and accordingly I planned, and prepared group therapy materials, organized in co-operation with the school. I also facilitated the workshops on self-awareness, self-esteem, emotion regulation and psychoeducation to adolescents (16-18 years old). I also gathered information on educational and psychological needs of young persons at the Acropolis High School in Nicosia. I have also prepared the materials, organized and facilitated a group workshop on Relationships and sex education for adolescence students (12-14).
2	2017-2018	KENTHEA	Organised and facilitated experiential summer workshop for prisoners at prison settings on Parenting Skills.	After meetings with KENTHEA and stakeholders I gathered information on psychological needs of the female and male prisoners and accordingly I planned, and prepared the workshop materials and facilitate the whole workshop.
3	2014-2015	University of Manchester, UK	Organised and facilitated training for doctorate trainees on psychology topics.	I prepared workshops to doctorate trainees as part of their professional issues training. The first presentation was about ADHD for children and the second about Psychosis and Schizophrenia.