

EUGENIA-THEODORA GEORGANDA

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EDUCATION

- 1993-1996 UNIVERSITY OF ATHENS, Athens, Greece.  
Honors degree in Psychology.
- 1982-1986 MASSACHUSETTS SCHOOL OF PROFESSIONAL  
PSYCHOLOGY. Doctorate in Psychology.  
Dissertation: Thalassemia and the Adolescent: An  
Investigation of Chronic Illness, Individuals, and Systems.
- 1980-1982 TUFTS UNIVERSITY, Medford, Massachusetts.  
Master of Arts in Counseling Psychology.  
Thesis: Artistic and Conventional Career Track  
as related to Earliest Childhood Memory.
- 1976-1980 DEREK PIERCE COLLEGE, The American College of  
Greece, Aghia Paraskevi.  
Bachelor of Arts in Psychology with distinction.

CLINICAL EXPERIENCE

- 1987-2017 PRIVATE PRACTICE, Individual & Group Psychotherapy  
with Adults. Socratous 8b, Kifissia, Athens, Greece.
- 2004- 2017 GIGNESTHAI, the Hellenic Association for Existential  
Psychology, Athens, Greece. Founding member, facilitator of  
experiential groups and supervisor.
- 1999-2001 COUNSELING CENTER OF ATHENS UNIVERSITY, Greece  
Support group for students with Special Needs.
- 1989-1990 ARTS & PSYCHOTHERAPY CENTER. Founding member of  
the Arts and Psychotherapy Center, Ambelokipi, Athens, Greece.

TEACHING EXPERIENCE

- 2004- 2017 GIGNESTHAI, the Hellenic Association for Existential  
Psychology, Athens, Greece. chief administrator and trainer.
- 2004-2007 SYNTHESIS CENTER, Athens, Greece. Professor of  
Integrative Psychotherapy for Masters program of Middlesex  
University.
- 2002-2006 COUNSELING & THERAPY, Laboratory of Liberal Studies,  
Athens, Greece. Professor of Counseling and Psychotherapy.

- 1998-2002 UNIVERSITY OF LA VERNE, Athens Campus, Kifissia, Greece.  
Adjunct faculty.
- 1999-2002 CENTER FOR COUNSELING AND PSYCHOTHERAPY,  
Kallithea, Greece. Adjunct faculty..
- 1999-2003 UNIVERSITY OF ATHENS, Kaisariani, Greece.  
External Collaborator for graduate program in Clinical and  
Educational Psychology. Courses in Prevention.
- 1987-1990 DEREER COLLEGE, Aghia Paraskevi, Athens, Greece.  
Adjunct faculty.
- 1990-1992 SOUTHEASTERN COLLEGE, Kifissia, Athens, Greece  
Chairwoman of Psychology department & full time professor.
- 1987-1990 SOUTHEASTERN COLLEGE, Kifissia, Athens, Greece.  
Adjunct faculty.

### OTHER EXPERIENCE

- 1988-1990 MARKET RESEARCH CENTER, Psychico, Athens, Greece.  
In depth study of consumer attitudes for marketing and advertising a  
variety of products.

### NON-PAID INTERNSHIPS

- 1984-1986 SOMERVILLE MENTAL HEALTH CLINIC, Somerville,  
Massachusetts. Psychology Intern at Children and Adolescent Unit
- 1983-1984 LEMUEL SHATTUCK HOSPITAL, Jamaica Plain,  
Massachusetts. Psychology Intern at the Outpatient Pain and Stress  
Relief Clinic and at the Inpatient Geriatric Unit.
- 1982-1983 BRIGHTON ALLSTON MENTAL HEALTH CLINIC, Brighton  
Massachusetts. Psychology Intern at Adult Outpatient Unit.
- 1981-1982 BOSTON UNIVERSITY, Boston, Massachusetts.  
Psychology Intern at Counseling Center.
- 1980-1981 CAMBRIDGE CITY HOSPITAL, Cambridge, Massachusetts  
Psychology Intern at Child and Adolescent Psychiatric Unit.

### SELECTION OF LECTURES/PRESENTATIONS

- April 2017 1<sup>st</sup> INTERDISCIPLINARY CONGRESS "WHEN SHOULD  
WE DIE". Ioannina, Greece. *Paraphrasing Kazantzakis: I hope for  
nothing, I am afraid of nothing, I am ready to die.*
- May 2015 FIRST WORLD CONGRESS OF EXISTENTIAL  
PSYCHOTHERAPY, London. Presentation: *Thrownness, Freedom  
and the Will for Authenticity.*  
Coordinator of round table: *Trauma, Crisis and Uncertainty.*  
Workshop of gignesthai: *The concept of "oistros of life" and its use  
in Existential Psychotherapy.*
- June 2015 20<sup>th</sup> CONGRESS OF THE EUROPEAN ASSOCIATION OF

- PSYCHOTHERAPISTS, Athen, Greece. Chair of round table discussion *Psychotherapy and the Greek Reality*.
- December 2015 CONFERENCE OF THE GREEK ASSOCIATION OF COUNSELORS, Athens, Greece. *The Mental Health Counselor in Greece of 2015*.
- October 2014 ONEDAY WORKSHOP ON THALASSEMIA. Limassol, Cyprus. *"The Chronic Patient and the Challenges of Living"*.
- June 2014 THIRD PANHELLENIC COLLOQUIUM ON ANXIETY DISORDERS AND THEIR TREATMENT. Hellenic American University, Athens, Greece. *"The existential approach in the understanding and treatment of anxiety disorders"*.
- July 2013 First United Eurasian Congress for Psychotherapy (XIX CONGRESS OF THE EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY and VII Pan Asian Congress for Psychotherapy) «Psychotherapy Without Borders: Past, Present and Future», Moscow. *The paradox of 'throwness' and free will*.
- November 2013 CONFERENCE OF THE GREEK ASSOCIATION OF COUNSELORS. Athens, Greece. *"The use of Myths in the Existential Approach"*.
- June 2012 FIRST PANHELLENIC COLLOQUIUM ON DIFFERENT PSYCHOTHERAPEUTIC APPROACHES IN GREECE. Hellenic American University, Athens, Greece. *"Introduction to the Basic Principles of the Existential Approach to Counseling and Psychotherapy"*.
- May 2012 SECOND INTERNATIONAL CONFERENCE OF EXISTENTIAL PSYCHOLOGY. Shanghai, China. *"Zhi Mian and Oistros of Life"*.
- November 2012 European Congress of Dramatherapy & Play Therapy, Athens, Greece. *"The paradox of early attachment & freedom of choice"*.
- December 2011 CONFERENCE OF THE GREEK ASSOCIATION OF COUNSELORS. Athens, Greece. *"Values in Crisis: Counselling Interventions"*.
- May 2009 INTERNATIONAL CONFERENCE OF CLIENT CENTERED APPROACH, Athens, Greece. *"The Existential Approach in Counselling and Psychotherapy"*.
- November 2009 ONEDAY WORKSHOP ON THALASSEMIA, Nicosia, Cyprus. *"Adjustment to life's difficulties and the DNA of the Soul"*.
- May 2009 NATIONAL CONFERENCE ON THALASSEMIA, Manchester, Great Britain. *"Coping mechanisms and adaptation to thalassemia"*.
- March 2008 CONFERENCE FOR RARE ANAEMIAS, European Organization for Rare Anaemias . Paris, France. *"Psychosocial Issues in Rare Anaemias"*.
- March 2006 CONFERENCE of EUROPEAN ASSOCIATION of INTEGRATIVE PSYCHOTHERAPY. *"Integrating Developmental*

- Issues with Existential Theory*". London. United Kingdom
- January 2006 14<sup>th</sup> INTERNATIONAL CONFERENCE ON THALASSEMIA & THE HEMOGLOBINOPATHIES, Dubai, United Arab Emirates. "*The DNA of the Soul. Growing older, growing wiser?*"
- October 2004 3<sup>rd</sup> EUROPEAN CONFERENCE FOR INTEGRATIVE PSYCHOTHERAPY. Athens, Greece. "*The DNA of the Soul. Integrating Developmental Issues with Existential Theory.*"
- September 2003 26<sup>th</sup> ANNUAL TRAINING WORKSHOP OF GREEK ADLERIAN SOCIETY. Vari, Greece. "*Existential Concerns in Our Life*".
- July 2002 3<sup>rd</sup> WORLD CONGRESS FOR PSYCHOTHERAPY, Vienna, Austria. "*The DNA of the Soul*".
- November 2001-May 2002 CULTURAL CENTER OF MUNICIPALITY OF N. ERITHREA. Seminar on "*Existentialism and Psychosocial Development*".
- October 2001 THALASSEMIA INTERNATIONAL CONFERENCE, Greece. "*What is the Link between Psychosocial Factors and Cardiovascular Disorders*".
- March 2001 ONE-DAY WORKSHOP ON GRIEF, Moraitis, Greece. Organized by Greek Association of Counseling. "*A personal perspective on grief and loss*".
- March 2000 PARENT EDUCATION GROUPS. Oropos, Greece. "*Psychosocial Development of Children and Adolescents*".
- November 1999 WORKSHOP FOR PHYSICIANS. Nicosia, Cyprus. "*Psychosocial issues of Children and Adolescents*".
- October 1999 UNIVERSITY OF ATHENS. Department of Psychology, Graduate Program. "Prevention & Counseling Issues in Thalassemia".
- May 1999 NATIONAL CONFERENCE ON THALASSEMIA. Birmingham, Great Britain. "*Psychosocial development throughout the life span*".
- September 1998 CHILDREN'S HOSPITAL AGLAIA KYRIAKOU. Athens, Greece. "*Training of Physicians in regards to psychosocial issues Of Chronically Ill Children*".
- May 1996 UNIVERSITY OF ATHENS, Athens, Greece. Symposium on Thalassemia, organizer & presenter of round table.
- October 1994 UNIVERSITY OF IOANNINA, Ioannina, Greece. Symposium on Thalassemia. "*Psychosocial aspects of thalassemia*".
- September 1994 THALASSEMIA INTERNATIONAL FEDERATION CONFERENCE. London, England. "*Ithaca: The goal, the journey and the obstacles*".
- April 1993 THALASSEMIA INTERNATIONAL FEDERATION CONFERENCE, Nicosia, Cyprus. "*The search for answers to troublesome questions*".
- October 1993 SYMPOSIUM ON THE MEDICAL GENETICS IN THE

- SETTING OF THE MIDDLE-EASTERN POPULATIONS.  
Riyadh, Kingdom of Saudi Arabia.  
*"Psychosocial aspects of genetic blood disorders"*.
- November 1992 THALASSEMIA INTERNATIONAL FEDERATION  
CONFERENCE. Nice, France. *"Thalassemia and Fears"*.
- April 1991 SYMPOSIUM AT ELIAS BEACH HOTEL, Limassol, Cyprus.  
*"Thalassemia and Society"*.
- March 1990 THE NEW YORK ACADEMY OF SCIENCES: Sixth Cooley's  
Anemia Symposium, New York. *"The Impact of Thalassemia on  
Body-Image, Self-Image, Self-Esteem"*.
- February 1989 CHILDREN WITH A CHRONIC HEALTH PROBLEM.  
Athens, Greece. *"Educational Needs & Educational Adjustment of  
the Child with a Chronic Illness"*.
- February 1988 THIRD PANHELLENIC PSYCHOLOGY CONFERENCE,  
Athens, Greece. *"Diagnosis: The crisis for which we are not  
Prepared"*.
- May 1988 PANHELLENIC CONFERENCE ON THALASSEMIA,  
Thessaloniki, Greece. *"Psychological issues in Thalassemia"*.
- October 1987 SECOND INTERNATIONAL CONFERENCE ON  
THALASSEMIA. Athens, Greece. *"The role of thalassemia patients  
in modern Greek society"*.
- November 1986 FIRST INTERNATIONAL CONFERENCE ON  
THALASSEMIA, Nicosia, Cyprus. *"Thalassemia and the Adolescent  
Coping with a Chronic Illness"*.
- October 1986 SECOND PANHELLENIC CONFERENCE ON  
THALASSEMIA, Patra, Greece. *"The Psychosocial Development of  
the Chronically Ill Patient"*.
- 1984,85,86 HARVARD UNIVERSITY, Massachusetts.  
Lectures for the first year medical students.  
*"The impact of thalassemia on the patient"*.
- March 1984 HELLENIC COLLEGE, Massachusetts. *"Thalassemia an  
Interdisciplinary Approach"*.
- November 1982 YALE UNIVERSITY, Connecticut. Thalassemia  
Conference sponsored by Yale University and Children's Hospital.  
*"Coping with a Chronic Illness"*.

## PUBLICATIONS

Georganda, E. (2017). The psychosocial development of the child and the adolescent. *EPOCHE: Psychotherapy, Phenomenology, Hermeneutics*, 4, 73-87.

Georganda, E. (2016a). *Journey into emotions: Existential theory in my life*. Athens: Plithora Publications.

- Georganda, E. (2016b). The paradox of attachment theory and free will. *EPOCHE: Psychotherapy, Phenomenology, Hermeneutics*, 2, 79-88.
- Georganda, E. (2016c). Thrownness, freedom and the will for authenticity: An existential/developmental approach to psychotherapy. *Existential Analysis*, 27(2), 261-276.
- Georganda, E. (2012). *The process of psychotherapy*. Athens: Ideotopos publications.
- Georganda, E. (2007a). *Capturing the moment* (photographic journal). Athens: Asprilexi publications.
- Georganda, E. (2007b). The DNA of the soul: Integrating developmental issues with existential theory. *British Journal of Psychotherapy Integration*, 4(1), 6-12.
- Georganda, E. (2005). *The water and the dream* (photographic journal). Athens: Galerie Zygos Publications.
- Georganda, E. (2002). *What is psychotherapy*. Athens, Assimakis Publications.
- Georganda, E. (1999). Existential psychotherapy. In P. Assimakis, (Ed.), *Current psychotherapies in Greece* (pp. 237-259) Athens: University of Indianapolis Athens Press.
- Georganda, E. (1994). Psychological aspects of thalassemia. In P. Vullo, B. Modell, & E. Georganda (Eds.) *What is thalassemia?* (pp. 95-106) New York: Thalassaemia International Federation Publication.
- Georganda, E. (1993a). Psychosocial aspects of genetic blood disorders. *TIF News*, 9,10-11.
- Georganda, E. (1993b). The search for answers to troublesome questions. *Themata*, 9, 12-15.
- Georganda, E. (1991). Thalassaemia: Worries and fears. *Themata*, 4, 5-15.
- Georganda, E. (1990a). The impact of thalassemia on body-image, self-image, self-esteem. *Annals of Sixth Cooley's Anaemia Symposium. The New York Academy of Sciences*, 612, 466-472.
- Georganda, E. (1990b). Thalassaemia: How a chronic illness affects the psychological adjustment of the individual. *Kinisi*, 3,15-23.
- Georganda, E. (1988). Thalassaemia and the adolescent: An investigation

of chronic illness, individuals and systems. *Family Systems Medicine*, 6(2),128-135.

Georganda, E. (1986a). The psychological development of the thalassemic in modern Greek Society. *Kinisi*,2, 10-25.

Georganda, E. (1986b).Thalassemia: The psychological aspects of a chronic illness. *Themata*,1, 25-40.

Dallas, E., Georganda, E., Zymnis- Georgalos, K. & Harisiadis, A. (2012). Zhi mian and “oistros” of life. *Journal of Humanistic Psychology*, 53(2), 252-260.

### MEMBERSHIPS

1985-2017 American Psychological Association  
1987-2017 Association of Greek Psychologists (ΣΕΨ)  
1996-2017 Hellenic Psychological Society (ΕΛΨΕ)  
2002-2017 European Association for Psychotherapy  
2005-2007 European Association of Integrative Psychotherapy  
2005-2017 National Organization of Psychotherapy of Greece (ΕΕΨΕ)

### OTHER PROFESSIONAL ACTIVITIES

2013-2015 Secretary of the National Organization of Psychotherapists of Greece.  
2006-2008 Member of the Scientific Committee of the European Association for Rare Anemias.  
1997-2002 Member of the Editorial Board of the International Journal of Rehabilitation and Health, Kluwer Academic/ Plenum Publishers.  
1991-1996 Member of the Board of Directors of the Thalassemia International Federation, Headquarters in Nicosia, Cyprus  
1994-1996 Vice-President of the Thalassemia International Federation.

### OTHER ARTISTIC ACTIVITIES

December 2007 Fourth exhibition of photography, Asprilexi, Athens Greece. *Capturing the Moment*.  
August 2007 Third exhibition in Pinakates, Pilion, Greece. *Pinakates*  
September 2005 Second exhibition of photography for the 12<sup>th</sup> Athens Month of Photography. Zygos Art Gallery, Athens, Greece. *The Water and the Dream*.  
October 2003 First solo exhibition, Art Gallery of Nafplion, Nafplion, Greece. *Water x 30*.