

EVGENIA-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 DEREER PIERCE COLLEGE, The American College of Greece, Aghia Paraskevi.

Bachelor of Arts in Psychology with distinction.

CLINICAL EXPERIENCE

1987-2022 PRIVATE PRACTICE, Individual & Group Psychotherapy with Adults. Socratous 8b, Kifissia, Athens, Greece.

2004- 2022 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

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2004- 2022 GIGNESTHAI, the Hellenic Association for Existential Psychology, Athens, Greece. Chief administrator and trainer.

2014-2022 UNIVERSITY OF THESSALY, Thessaly, Greece. Visiting Professor in the graduate program for Counseling in special education program.

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 DEREЕ 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

September 2022 XI INTERNATIONAL CONFERENCE: EXISTENTIAL
DIMENSION IN COUNSELLING AND PSYCHOTHERAPY,
Birstonas, Lithuania. *Becoming: An Existential-Developmental
Understanding of Psychotherapy.*
May 2022 4th EUROPEAN CONFERENCE FOR EXISTENTIAL
THERAPY, Israel (Virtual). Keynote speaker: *The “virtue of hope”,
the “leap of faith” and our connection to others, skills for dealing*

with crises.

- May 2020 2nd EUROPEAN CONFERENCE FOR EXISTENTIAL THERAPY, Greece (Virtual). Keynote speaker: *Becoming: An Existential-Developmental Understanding of Human Existence.*
- August 2020 APA CONVENTION (Virtual). Div. 32 Symposium: Presence, Becoming & Self-creation in Existential Psychotherapy. *Becoming: integrating Greek insight & tradition into Existential Psychotherapy.*
- May 2019 2nd WORLD CONGRESS FOR EXISTENTIAL PSYCHOTHERAPY, Buenos Aires, Argentina. *Love as an Antidote to Anxiety and Depression.*
- August 2019 APA Convention, Chicago, USA. Symposium– Div.32: Coming to Life--Experiences of Zest, Awe, and Art in Psychotherapy. *Living Passionately: Oistros and the Love of Life.*
- August 2018 APA Convention, San Francisco, USA. Symposium Div. 32: Reflections on Love, its Complexities, Meanings and Possibilities. *Eros, Thanatos and the Awakening of "Oistros", Being in Love with Life and our World.*
- April 2017 1st 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: *Thowness, 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 20th 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 'thowness' 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 14th INTERNATIONAL CONFERENCE ON THALASSEMIA & THE HEMOGLOBINOPATHIES, Dubai, United Arab Emirates. *"The DNA of the Soul. Growing older, growing wiser?"*
- October 2004 3rd EUROPEAN CONFERENCE FOR INTEGRATIVE PSYCHOTHERAPY. Athens, Greece. *"The DNA of the Soul. Integrating Developmental Issues with Existential Theory."*
- September 2003 26th ANNUAL TRAINING WORKSHOP OF GREEK ADLERIAN SOCIETY. Vari, Greece. *"Existential Concerns in Our Life"*.
- July 2002 3rd 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.T. (2022). Becoming: An Existential-Developmental Understanding of Human Dilemmas and Existential Psychotherapy. *Existential Analysis: Journal of the Society for Existential Analysis*. 33.2, 309-324
- Georganda, E. T. (2021). The therapeutic relationship in the existential-humanistic approach. *Psychology: The Journal of the Hellenic Psychological Society*, 26(2), 53–64. https://doi.org/10.12681/psy_hps.26897
- Georganda, E. (2020a). Becoming: An Existential/ Developmental Understanding of Human Existence & Growth. *Existential: Psychology and Psychotherapy*. 13, 97-116.
- Georganda, E. T. (2020b). Eros, Thanatos and the Awakening of Oistros: Being in Love with Life and "Our World". *The Humanistic Psychologist*. 48(2), 133-141. <http://dx.doi.org/10.1037/hum0000142>.
- Georganda, E., Correia, E., Berra, L., Icoz, J., Menda, G. and Shalom, Y. (2019a). Southern Europe. In: *The Wiley World Handbook of Existential Therapy*. Eds. Van Deurzen, Craig, Langle, Schneider, Tantam, DuPlock. NJ: Wiley Blackwell. (pp. 552-567)
- Georganda, E. (2019b). Attachment and Affect Regulation Theories and the Existential Developmental Model. *Journal of the Society for Existential Analysis* 30(2) Pearl Edition: 239-248.
- Dallas, E., Georganda, E. T., Harisiadis, A., Kourtis, A., & Zymnis-Georgalos, K. (2019). The myth of Zorba the Greek and the existential concept of "Oistros". In L. Hoffman, M. Mansilla, J. Dias, M. Yang, M. Moats, & T. Claypool (Eds.), *Existential psychology east-west* (Vol.2, pp. 255–262). University Professors Press.
- Georganda, E. (2016a). Thrownness, Freedom and the Will for Authenticity: An Existential – Developmental Approach to Psychotherapy. *Journal of the*

Society for Existential Analysis 27(2): 261-276.

Georganda, E. (2016b). The paradox of attachment theory and free will. *Journal EPOCHE: Psychotherapy, Phenomenology, Hermeneutics*. Vol 2, pp. 79-89.

Dallas, E., Georganda, E., Harisiadis, A., & Zymnis-Georgalos, K. (2012). Zhi Mian and «Oistros» of life. *Journal of Humanistic Psychology*, 53, 252–260. <https://doi.org/10.1177/0022167812468791>

Georganda, E. (2012/ 2020). *The Process of Psychotherapy*. Kondyli publications, Athens.

Georganda, E. (2009/2016). *Journey into Emotions: Existential theory in my life*. Plithora publications, Athens.

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

Georganda, E. (2007a). *Capturing the Moment. Photographs and excerpts from the writer's journals (1980-2007)*. Asprilexi publications, Athens.

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). Galerie Zygos Publications, Athens.

Georganda, E. (2002). *What is psychotherapy*. Assimakis Publications, Athens.

Georganda, E. (1999). Existential Psychotherapy. In *Current Psychotherapies in Greece* Assimakis (Ed.), 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: Thalassemia 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). Thalassemia: 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). Thalassemia: How a chronic illness affects the psychological adjustment of the individual. *Kinisi*, 3, 15-23.

Georganda, E. (1988). Thalassemia 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.

MEMBERSHIPS

1985-2022 American Psychological Association
1987-2022 Association of Greek Psychologists (ΣΕΨ)
1996-2022 Hellenic Psychological Society (ΕΛΨΕ)
2002-2022 European Association for Psychotherapy
2005-2007 European Association of Integrative Psychotherapy
2005-2017 National Organization of Psychotherapy of Greece (ΕΕΨΕ)

OTHER PROFESSIONAL ACTIVITIES

2018-2020 Trustee of the Board of Directors and Membership secretary of the Federation of Existential Therapy in Europe (FETE).
2013-2015 Member of the Board of Directors and Secretary of the National Organization of Psychotherapists of Greece (NOPG).
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 12th 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*.