

Curriculum Vitae

Areti Tsinou, PhD

EDUCATION

PhD in Psychology

Department of Psychology, School of Philosophy, National and Kapodistrian University of Athens, Greece
2017–2024

Grade: Excellent

Master of Arts in Applied Clinical Psychology

William Paterson University of New Jersey, USA
2004–2006

GPA: 3.9/4.0

Master of Science in Mental Health

Department of Nursing, National and Kapodistrian University of Athens, Greece
2001–2004

GPA: 8.97/10

BA in Psychology

Panteion University of Social and Political Sciences, Greece
1997–2001

GPA: 7.88/10

ACADEMIC & PROFESSIONAL EXPERIENCE

Department of Psychology, School of Philosophy, National and Kapodistrian University of Athens

Appointed Lecturer in the Undergraduate Program in Psychology
Field of Expertise: Psychology of Communication and Group Dynamics
Academic Year 2025–2026, Spring Semester
Academic Year 2024–2025

Department of Education, National and Kapodistrian University of Athens

Lecturer in the Master's Program in Humanities and Intercultural Education
Field of Expertise: Intercultural School Psychology
Academic Year 2025–2026, Spring Semester

Metropolitan College

Lecturer in Undergraduate and Postgraduate Programs in Psychology
Field of Expertise: Individual Differences and Psychology of Mental Health
Academic Years 2015–2020

Psychologist (Private Practice)

2006–present

Graduate Assistant / Project Employee

William Paterson University of New Jersey, Wayne, NJ
2004–2006

- Supportive psychotherapy for students with adjustment or academic challenges
 - Counseling for immigrant populations
 - Stress and time-management group sessions
 - Parental counseling
 - Weekly individual and group supervision
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PUBLICATIONS**Peer-Reviewed Journal Articles**

Papastylianou, A. (Dona), & Tsinou, A. (2025). The relationship of social networking sites use with the psychological and sociocultural adaptation of native and immigrant adolescents. *Psychology: The Journal of the Hellenic Psychological Society*, 30(2), 428–468. https://doi.org/10.12681/psy_hps.43977

Coulacoglou, C., Tchinou, A., & Michopoulou, A. (2001). Personality assessment of children with psychosomatic symptoms: Two case presentations. *SIS Journal of Projective Psychology and Mental Health*, 8(2), 149–152.

Manuscript Under Review

Tsinou, A. & Papastylianou A. (under review). Parental Bond and Adolescent Flourishing: Investigating Moderating and Mediating Factors.

Published Conference Abstracts

Papastylianou, A., & Tsinou, A. (2022). The role of motives for using social networking sites in psychological and sociocultural adjustment of adolescent immigrants in Greece. In *Xenophobia vs. Patriotism: Where Is My Home?* Proceedings of the 25th IACCP Congress.

Michopoulou, A., Tsinou, A., Karagianni, A., & Siapati, S. (2004). Children with intellectual disabilities: An approach to their affective problems. *Journal of Intellectual Disability Research*, 48(4–5), 318.

Michopoulou, A., Koutsoukou, A., Tsinou, A., Belesioti, B., & Nikolaou, A. (2004). Psychological disorders in children with learning difficulties. *Psychiatriki*, 15(Suppl. 1), 259.

Michopoulou, A., Tsinou, A., Siapati, S., Nikolaou, A., & Perimeni, A. (2004). Anxiety and depression problems in children with learning disabilities. *European Psychiatry*, 19(Suppl. 1), 235s.

Michopoulou, A., Belesioti, B., Filippiadou, E., Nikolaou, A., Karagianni, A., & Tsinou, A. (2004). Behaviour and mood disorders in children with learning disabilities. *International Journal of Psychophysiology*, 54(1–2), 93–94.

POSTGRADUATE TRAINING

4-Year Postgraduate Program in Systemic Family & Couple Therapy
Mental Health, Neurosciences & Precision Medicine Research Institute “Kostas Stefanis,” National and Kapodistrian University of Athens
2022–present

Postgraduate Seminar in Clinical Psychopathology (“Panagiotis Oulis”)
First Psychiatric Clinic of National and Kapodistrian University of Athens & University Mental Health Research Institute
2020–2021

Families and Beyond: An Introduction to Systemic Thinking
The Tavistock and Portman NHS Foundation Trust
2020

Seminar in Structural / Systemic Family Therapy
Salvador Minuchin Institute of Family Therapy, New York
2006

An Object Relations Approach
Object Relations Institute of Psychotherapy and Psychoanalysis, New York
2006

ADHD in Children and Adolescents
American International College, New York
2005

Treating Preschool and School-Age Children with Regulatory Problems
American International College, New York
2005

Cognitive Behavioral Treatment of Depression
 Albert Ellis Institute, New York
 2004

CONFERENCE PRESENTATIONS

- 2024** – 7th Panhellenic Conference of Developmental Psychology, Athens
Loneliness, self-efficacy, and adaptation processes among native and immigrant adolescents.
- 2023** – 8th Panhellenic Conference of Counseling Psychology & 3rd Panhellenic Conference of Positive Psychology, Athens
The positive effect of nostalgia on adaptation processes of immigrant adolescents.
- 2023** – Division of Cross-Cultural Psychology Meeting, Hellenic Psychological Society, Komotini
Parental bonding as a predictor of adolescent psychological and sociocultural adaptation.
- 2022** – 18th Panhellenic Conference of Psychological Research, Athens
Social networking sites and adolescent adaptation in Greece.
- 2022** – IACCP 26th International Congress
Using social networking sites in the adaptation of adolescent immigrants.
- 2019** – 17th Conference of the Hellenic Psychological Society
Social networking sites and the adaptation of immigrant adolescents.
- 2017** – 11th Panhellenic OMEP Conference
Refugee student populations and collaboration between mental health professionals and educators.

Earlier presentations (2001–2004)

Topics include: child preoperative anxiety, learning disabilities, art therapy, cognitive preparation for surgery, and pediatric mental health.

CONFERENCE ATTENDANCE

- Harvard Medical School – MGH Psychiatry Academy Symposium, New York (2006)
 Object Relations Institute of Psychotherapy and Psychoanalysis, New York (2006)
 2nd World Congress on Quality in Clinical Practice, Halkidiki (2004)
 Conference: *The Child and Society in the Turmoil of Psychological Trauma*, Athens (2002)
 Hellenic Association of Hospital Psychologists (1997)
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HONORS & AWARDS

- Graduate Assistant Scholarship**, William Paterson University of NJ
Full academic scholarship for MA studies (2004–2006)
- Ali M. Baluchi Scholarship**, William Paterson University of NJ
Award for academic materials (2005–2006)
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RESEARCH EXPERIENCE

- Research Team Member, *Refugee Populations and Social Justice*
 Supervisor: Prof. Donna Papastyliou (2017)
- Research Team Member, *Child and Leisure Time*
 Penteli Children's Hospital (2003–2004)
- Research Team Member, *Personality, Aggression, Depression, Anxiety, and Self-Esteem in School-Age Children*
 Sample: 600 students (2002–2003)

Research Team Member, *The Double and Depersonalization in Relation to Adolescent Identity*
(1998–1999)

PROFESSIONAL MEMBERSHIPS

International Association for Cross-Cultural Psychology (IACCP)
Hellenic Psychological Society (ΕΛΨΕ)
Hellenic Association of Psychologists (ΣΕΨ)

DIGITAL SKILLS

ECDL Certification (Word, Excel, Internet)
Data processing • Communication • Digital content creation • Online safety • Problem-solving

LANGUAGES

English: Excellent (Cambridge Proficiency – CPE)
French: Excellent (DALF)