

## **Anna Fountzoula**

Psychologist, Systemic Psychotherapist

Anna Fountzoula is a licensed psychologist, a graduate of the Department of Psychology at the Panteion University and a master's degree Counseling Psychology at the National and Kapodistrian University of Athens.

As part of her professional specialization, she completed the 4<sup>th</sup> year Post-Training Program in Systemic Family and Couple Therapy at the University Mental Health Research Institute. Also, he has been trained in the two-year program "New trends in cognitive and behavioral therapy by the Greek Association of Behavioral Research " and in EMDR therapy. She has also attended many post-educational programs in adult mental health (Clinical Psychopathology, Addiction Counseling, Psychoeducational Interventions and Family Therapy in Psychosis Seminar, Psychogeriatrics) but also children and adolescents (Mental Health Promotion of Children and Adolescents of the School of Medicine, Family Therapy).

She has worked as a psychologist in various mental health organizations such as the Day Centre and the The Mobile Mental Health Units of the Society of Social Psychiatry P. Sakellaropoulos, organizations for psychosocial rehabilitation of adults (Psychiatric Hospital of Attica, EPSAMY), Day Centre for children and young people with disabilities (ALMA). At the same time, she was a partner in psycho-pedagogical centers for Special Education, where she worked with children, teenagers and families. She has organized and coordinated groups of parents (I.NE.DI.VI.M, Zografou Municipality Counseling Center) and has cooperated at the Medical Center of N. Smyrni in the diagnostic assessment and psychotherapy of children and adolescents. Today she works at the Anasa Day Center for the support of people with eating disorders, at the Institute of Mental Health and Personal Development "Galen" ("Galinòs") in the department of children and teenagers. Also, she works privately providing individual, couple and family therapy for children, adolescents and adults.