

Myrto Alampanou

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Summary

Ascientist-practitioner with a background in psychology and social work. A green card holder who just moved to the US, eager to make a difference.

Skills

Clinical	Coaching & Counseling, Case Management, Assessment & Treatment, DSM-5, ICD-10, CBT, Mindfulness, Health Promotion
Research	Multivariate Data Analysis, SPSS, R, E-Prime, Qualtrics, Matlab, Brain Vision Analyzer
Languages	Greek (native), English (bilingual proficiency), German (B2), Dutch (B1), Spanish (B1)

Experience

Babel day Centre CLINICAL PSYCHOLOGIST INTERN • Assessed and diagnosed refugee and immigrant clients. • Provided psychotherapy and psychosocial services.	<i>Athens, Greece</i> Sep 2019 - Oct 2020
Leiden University RESEARCHER INTERN • Carried out research projects on emotion regulation, distractibility, and neural correlates of BPD/PTSD.	<i>Leiden, Netherlands</i> Feb 2018-Feb 2019
Central Institute for Mental Health RESEARCHER INTERN • Conducted neurofeedback research with healthy and clinical BPD/PTSD adolescent and adult populations.	<i>Mannheim, Germany</i> Jun 2018 - Sep 2018
Freelancer TUTOR • Assisted university students with statistics and other assignments.	<i>Leiden, Netherlands</i> Sep 2017 - Sep 2019
Lighthouse for the Blind of Greece SOCIAL WORKER INTERN • Counseled and psychosocially supported clients.	<i>Athens, Greece</i> Oct 2011 - Apr 2012

Education

Leiden University RESEARCH MSc IN CLINICAL & HEALTH PSYCHOLOGY • Dual track program based on the scientist-practitioner model, combining research skills with training in diagnostics and psychotherapy. • Thesis: "Heart Rate Variability and Emotional Working Memory Performance: Effects of BPD, PTSD, and Emotional Working Memory Training".	<i>Leiden, Netherlands</i> Feb 2017 - Aug 2020
Leiden University BSc IN PSYCHOLOGY • Thesis: "Associations between Childhood Trauma, Emotion Regulation Strategies, and Self-esteem".	<i>Leiden, Netherlands</i> Aug 2014 - Feb 2017
Technological Educational Institute of Athens BSc IN SOCIAL WORK • Thesis: "Social Work and Activism".	<i>Athens, Greece</i> Feb 2008 - Dec 2012

Awards & Grants

2019	Award for Best Oral Presentation , The Human Brain Project Education Program	<i>Belgium</i>
2019	Erasmus+ for Traineeships , European Union	<i>Greece</i>
2018	Erasmus+ for Traineeships , European Union	<i>Germany</i>
2017	Leiden International Study Fund , Leiden University Fund	<i>USA</i>
2017	Valedictorian , Leiden University	<i>Netherlands</i>
2012	Graduated 6th , Technological Educational Institute of Athens	<i>Greece</i>