

Myrto Alampanou

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Summary

A scientist-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.

Athens, Greece

Sep 2019 - Apr 2020

Central Institute of Mental Health

RESEARCHER INTERN

- Conducted neurofeedback research with healthy and clinical BPD/PTSD adolescent and adult populations.

Mannheim, Germany

Jun 2018 - Sep 2018

Lighthouse for the Blind of Greece

SOCIAL WORKER INTERN

- Counseled and psychosocially supported clients.

Athens, Greece

Oct 2011 - Apr 2012

Open Care Center for the Elderly

SOCIAL WORKER INTERN

Athens, Greece

Oct 2010 - Jan 2011

The Friends of the Child

SOCIAL WORK INTERN

Athens, Greece

Mar 2010 - Jun 2011

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".

Leiden, Netherlands

Feb 2017 - Aug 2020

Leiden University

BSc IN PSYCHOLOGY

- Thesis: "Associations between Childhood Trauma, Emotion Regulation Strategies, and Self-esteem".

Leiden, Netherlands

Aug 2014 - Feb 2017

Technological Educational Institute of Athens

BSc IN SOCIAL WORK

- Thesis: "Social Work and Activism".

Athens, Greece

Feb 2008 - Dec 2012

Awards & Grants

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