

Myrto Alampanou

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Summary

An international scientist-practitioner with a background in social work. A green card holder who just moved to the US from Greece, looking to make a difference. Interested in X.

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
- 2019 **Erasmus+ for Traineeships Grants**, European Union
- 2018 **Erasmus+ for Traineeships Grants**, European Union
- 2017 **Leiden International Study Fund (LISF) Grant**, Leiden University Fund(LUF)
- 2017 **Valedictorian**, Leiden University
- 2012 **Graduated 6th**, Technological Educational Institute of Athens

Belgium

Greece

Germany

USA

Netherlands

Greece