

Myrto Alampanou

924 Allston Street, Houston, Texas

☎ (940) 477-7664 | ✉ mirto.ala@hotmail.com | 🌐 myrtoalampanou

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

Athens, Greece

CLINICAL PSYCHOLOGIST INTERN

Sep 2019 - Apr 2020

- Assessed and diagnosed refugee and immigrant clients.
- Provided psychotherapy and psychosocial services.

Leiden University

Leiden, Netherlands

RESEARCHER INTERN

Feb 2018-Feb 2019

- Carried out various research projects regarding emotion regulation, distractibility, and neural correlates of healthy and clinical BPD/PTSD adult populations

Central Institute for Mental Health

Mannheim, Germany

RESEARCHER INTERN

Jun 2018 - Sep 2018

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

Freelancer

Leiden, Netherlands

TUTOR

Sep 2017 - Sep 2019

- Assisted students with statistics and other assignments

Lighthouse for the Blind of Greece

Athens, Greece

SOCIAL WORKER INTERN

Oct 2011 - Apr 2012

- Counseled and psychosocially supported clients.

Education

Leiden University

Leiden, Netherlands

RESEARCH MSC IN CLINICAL & HEALTH PSYCHOLOGY

Feb 2017 - Aug 2020

- 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 University

Leiden, Netherlands

BSC IN PSYCHOLOGY

Aug 2014 - Feb 2017

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

Technological Educational Institute of Athens

Athens, Greece

BSC IN SOCIAL WORK

Feb 2008 - Dec 2012

- Thesis: "Social Work and Activism".

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