

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

Athens, Greece

Sep 2019 - Apr 2020

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

Central Institute of Mental Health

RESEARCHER INTERN

Mannheim, Germany

Jun 2018 - Sep 2018

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

Lighthouse for the Blind of Greece

SOCIAL WORKER INTERN

Athens, Greece

Oct 2011 - Apr 2012

- Counseled and psychosocially supported clients.

Education

Leiden University

RESEARCH MSC IN CLINICAL & HEALTH PSYCHOLOGY

Leiden, Netherlands

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

BSC IN PSYCHOLOGY

Leiden, Netherlands

Aug 2014 - Feb 2017

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

Technological Educational Institute of Athens

BSC IN SOCIAL WORK

Athens, Greece

Feb 2008 - Dec 2012

- Thesis: "Social Work and Activism".

Awards & Grants

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