

Curriculum Vitae for Faidra Grammenou

Nationality- Greek/French

**Chartered Counselling Psychologist (CPsychol) with the BPS and HCPC
Registered Practitioner.**

Member of IARPP and AGPA.

Employment

September 2015-present- Bilingual Psychologist at the Institute for Relational and Group therapy, Athens, Greece.

Duties: Providing short and long term psychotherapy for Greek and foreign English speaking clients with various presentations. I am also teaching the trainees of the postgraduate program. Since 2018 I have also been supervising the trainees of the program.

November 2020-Present: Online Bilingual Counselling Psychologist at the British CBT and Counselling Service, London, U.K.

January 2013-July 2013: Locum Counselling Psychologist (IAPT High Intensity therapies) at East London NHS Trust Foundation, Newham Primary Psychological Therapies Service, Vicarage Lane, London, U.K.

Duties: Telephone triages, face to face assessments and time limited therapy to adults from various ethnic backgrounds with various clinical presentations.

Liaising with mental health care professionals, making referrals, monitoring and evaluation of the effectiveness of the interventions through the use of psychometric measures (GAD and PHQ) and providing progress reports to health care professionals.

November 2012-July 2013: Counselling Psychologist at the British CBT and Counselling Service, London, U.K.

Duties: Providing Cognitive Behavioural Therapy to adults with various presentations (e.g. mood/anxiety disorders, relationship difficulties and more).

September 2012-February 2013: Locum Counselling Psychologist, part of Respond team, IAPT High Intensity therapies at KCA New Thoughts Mental Health Services, Surrey, UK.

Duties: Caseload of 14 clients per week providing short term Cognitive Behavioural therapy for adults with anxiety and mood disorders.

July 2011-January 2012: Psychology department Coordinator/Lecturer at the University of Indianapolis, Athens campus-Sindagma.

Duties: I updated student files, interviewed prospective students to determine their suitability for the MA program and monitored the progress of the MA and BA students Teaching undergraduate students: Introduction to Psychology , Orientation to Psychology, Child and Adolescent development.

Dec. 2010- April 2011 : Locum Psychologist at East London NHS Trust Foundation, Newham Primary Psychological Therapies Service(IAPT service), Vicarage Lane, London, U.K.

Duties: Caseload of 8-12 clients weekly for assessments and brief psychotherapy. Ensuring monitoring of interventions through psychometric evaluations. Liaison, making referrals and providing progress reports.

October 2010 – February 2011: Part time temporary post / two days a week at West Essex Mind Counselling Service, Uttlesford Voluntary and Community Centre, London, U.K

Duties: Caseload of 9 -10 clients weekly seen for psychological therapy from three designated Group Practitioner (GP) surgeries in Essex/Assessments.

February 2010- September 2010: Part time post/ two days a week at North Essex NHS Trust Foundation, North Essex Mental Health Partnership, Epping Forest Primary Care and Psychological Therapy Service-Essex, London, U.K

Duties: Caseload of 9 - 10 clients for assessments and individual therapy and

managing the client waiting list for three designated Group Practitioner(GP) surgeries.

Volunteer Psychologist January 2014-June 2015: Volunteer at Mediciens du Monde providing short short and long term psychotherapy.

Psychology trainee

July 2008- September 2009: Volunteer Counselling Psychology trainee. North Essex NHS Trust, North Essex Mental Health Partnership, Epping Forest Primary Care and Psychological Therapy Service-Essex, London, U.K. See above (psychology employment history section) for similar duties and responsibilities in North Essex NHS.

February 2008-May 2010: Volunteer Counselling Psychology trainee. Psychiatric Rehabilitation Association(PRA), Centre for better health(C4BH)- Hackney, London, U.K

Duties: Assessments and individual therapy

February 2008-July 2008: Volunteer Counselling Psychology trainee at Westminster Mind Counselling Service, London, U.K

Duties: I provided brief Integrative therapy and Cognitive Behavioural therapy.

November 2003-December 2005: Volunteer Counselling Psychology trainee. Falmouth Road Group Practice, London, U.K

Duties: I provided Cognitive Behavioral Therapy for adults with emotional and anxiety disorders.

Education and training

September 2015-May 2019: Four year program of studies at the Tampa Bay Institute of Psychoanalytic studies in the USA (TBIPS).

January 2017: Postgraduate Diploma in Clinical skills based on the CAT model and Relational Psychotherapy/Psychoanalysis

Institute for Relational and Group psychotherapy

October 2010: Advanced Practitioner Diploma in Counselling Psychology(PgDip)

London Metropolitan University-London, U.K

October 2007: MSc in Counselling Psychology (I completed this course on a part time basis). London Metropolitan University-London, U.K

October 2002: BSc in Psychology London Guildhall University- London, U.K

Current Supervisors

I am currently being supervised via skype by Dr. Spyros Orfanos and Dr. Darlene Ehrenberg.

Conferences

2018- I participated and presented at the 16th annual IARPP conference in NY (USA). The conference title was: Hope and dread: Therapists and patients in an uncertain world. Our panel title was: Not black , not white, the grey shades of uncertainty.

2017- I participated and presented at the 15th annual IARPP conference in Sydney, Australia. The conference title was: From the margins to the centre: Contemporary Relational perspectives. Our panel title was:

Destructive manifestations as obstacles to reach the 'intimate edge': When Melanie Klein met with Darlene Ehrenberg

2016- I participated at the 14th annual IARPP conference in Rome, Italy. The title of the conference was: The Arts of Time.

Our panel title was: Gordian Knots and Ferenczian Aesthetics: A Live Group Supervision Reversal.

2016- I participated and presented at the National Greek conference for Counselling Psychology and presented a case study about dreams from the Relational Psychoanalytic perspective.