

Argyropoulou Vasiliki

I am a psychologist (Aristotle University of Thessaloniki, Greece) specialising in Psychogerontology (University of Salamanca, Spain). I am currently a PhD candidate in Psychology at the Department of Evolutionary Psychology and Education of the University of Salamanca (Spain) and the research I conducted as part of my PhD is the one I will present at this conference. I have worked in a Care Unit for the Elderly and in a Counseling Center in Thessaloniki. I have been a trained member of therapeutic groups at the Center for Mental Health of the Western Sector of Thessaloniki, at the 1st Psychiatric Clinic of the Aristotle University of Thessaloniki (General Hospital Papageorgiou) and at the National Center of Reference and Human-Centered Interest for People with Dementia and Related Disorders (CREA) in Spain. I have also been in different contexts as a volunteer psychologist. I have organised workshops for adults in a Municipal Library of Thessaloniki and in a University of the Third Age in Spain. For the last months, I have been collaborating with the Open University of Albacete (Spain) to conduct a course on stress management. Finally, I am a co-creator and columnist on the website "Frontizein" (<https://frontizein.gr/>) aimed at professional caregivers of older adults and those interested in this age group.

