

Manola Panagiota

Throughout my academic and work experience I became a well rounded person with a strong focus on dementia care and research. To briefly introduce myself, I hold an MSc in Mental Health (King's College London, UK) where I was trained on mental health assessment and treatment and had the opportunity to practice my skills at a forensic hospital and further improve my research skills conducting a systematic review and meta analysis on stressful life events and dementia. I took my MA in Psychology at the University of Dundee (UK) which not only gave me a strong basis in the field but also shaped me as a professional as I had the chance to learn and study along professionals conducting top notch research. I work as a research associate at Alzheimer Hellas for a European project, for which I submit the abstract for, assisting caregivers of dementia and people with dementia cope with the challenges of the disease itself and meet the challenges of these days. I also work as a full time Psychologist at the local municipality providing counselling sessions which range from coping skills for day to day struggles to helping manage psychotic symptoms with cognitive behavioural therapy.

