

### **Aggelidou Evaggelia**

Evangelia Angelidou MSC, Mental Health Counsellor – Psychotherapist Person-Centred Approach (PCA) University of Strathclyde Glasgow UK

Evangelia Angelidou is a Mental Health Counsellor specialising in Person-Centred Psychotherapeutic Approach. She is trained in Health Coaching and is a Certified PET Parent Trainer using the Gordon Method. She has attended a variety of seminars on experiential psychotherapeutic methods in collaboration with recognized institutions in Greece and abroad. A number of seminars on experiential psychotherapy approaches have been attended by her, and these seminars were held in partnership with reputable institutions in Greece and other countries. Since 2009, Ms. Angelidou has been working as a coordinator for psychological support groups and psychoeducation groups. She also works as a collaborator in the early diagnosis of memory and mood problems, as well as in the implementation of non-pharmacological therapies for the prevention and restoration of memory dysfunctions. She is the founder and president of the Hellenic Society for Alzheimer's Disease and Congenital Disorders of Chalkida, and she also serves as a manager for a number of other empowerment programs that are aimed at health professionals and caregivers.

