

### **Asimakopoulou Zoi**

Zoi Asimakopoulou is a dedicated psychologist and researcher specializing in psycho-oncology and dementia care. With two years of experience in European research projects, she has contributed to the creation of innovative educational tools for adolescent and young adult cancer survivors, co-authored four peer-reviewed publications, and co-organized workshops to enhance understanding of the mental-physical health interplay. In her clinical role, she provides neuropsychological assessments and counseling for dementia patients and family caregivers, fostering resilience and addressing caregiver burden. A graduate of the University of Dundee with First-Class Honors in Psychology, Zoi's academic journey includes a dissertation on dyadic art therapy for at-risk mother-infant pairs, earning her prestigious awards for academic and extracurricular excellence. She is also involved in developing pilot intergenerational interventions for dementia care and creating digital self-care courses. Zoi's commitment to blending research with applied psychology underscores her drive to contribute meaningfully to mental health and caregiving support systems

