

Eleftheriadou Despoina

I am 21 years old, and I am studying at the Aristotle University of Thessaloniki in the Department of Psychology, currently in my 4th year. I am a volunteer at the Thessaloniki Mental Health Association (SOPSY), where I coordinate a psychoeducation and leisure group for individuals with mental illnesses, under the supervision and guidance of a psychologist. Additionally, I volunteer at Connect Family, a Day Center for family support run by the NGO IASIS, where I have attended numerous seminars and training sessions and participated in psychosocial support groups. I have also volunteered in the sampling process for a research study titled: "Norm Calculation in the Tower Test Subtest of the D-KEFS in Cognitively Healthy Adults Aged 30 to 85." Furthermore, I have attended numerous seminars related to the field of Psychology (e.g., Autism & ADHD, children's drawings, suicidality and self-destructive behavior, Psychological First Aid, etc.), and I have attended several conferences, such as the 6th Panhellenic Conference on Forensic Psychiatry, the 3rd Panhellenic Conference on School Psychology, and the 2nd Conference on Forensic Medicine and Forensic Psychiatry. Moreover, I have completed 8 months of training titled: "Basic Topics in Clinical Child Psychiatry." Regarding foreign languages, I hold a C2 level in English and a B2 level in French. Finally, I possess computer skills.

