

### **Exarchakou Vasiliki**

She is a psychologist and person-centered psychotherapist, holding a B.Sc. in Psychology from Panteion University and a European Certificate of Psychotherapy (EAP). She completed a M.Sc. in Counselling and Psychotherapy at Strathclyde University. Her thesis explored psychologists, experiences working with dementia patients and caregivers through interpretative phenomenological analysis. She trained in Focusing Skills at the Hellenic Focusing Centre and advanced her expertise with workshops on Pain and Trauma and therapy through creative arts. She holds British Focusing Skills Certification and is completing her training as a Focusing- oriented therapist. Additional specializations include Psychopathology and Focusing Psychotrauma Therapy. Since 2014, Vasiliki has been working at Alzheimer Athens, providing individual and group counselling to persons with dementia and their caregivers, supervising trainees, conducting neuropsychological assessments, coordinating cognitive empowerment groups and facilitating counselling groups for seniors. She is a founding member of the Panhellenic Association of Person-Centred & Experiential Professionals (PEEPVIP) and she is active in research, publications, and conferences. She also provides psychotherapy and counselling for adults.

