

Dr. Chrysoula Kostogiannis (B.S., M.A., Ph.D., Post Doctorate)

Clinical & School Psychologist (since 1994)

Scientific Director

Hellenic Institute of Rational-Emotive &

Cognitive-Behavioral Psychotherapy (since 2003)



Dr. Chrysoula Kostogiannis is a Clinical and School Psychologist with extensive academic, clinical, supervisory, and teaching experience in Greece and the United States. She holds a master's and Ph.D. degree in clinical and School Psychology from **Hofstra University** in New York, following advanced research training in Psychology at the **University of Houston** and undergraduate studies in Psychology at **Baylor University**, in Texas. She also completed predoctoral clinical training in Clinical Psychology at **Sagamore Children's Psychiatric Center** and predoctoral school psychology training in the **Half Hollow Hills School District** in New York. She subsequently pursued postdoctoral training and supervisor training at the **Albert Ellis Institute with Albert Ellis and his associates**, specializing in **Rational Emotive Behavior Therapy (REBT)**.

Since 2003, she has been the founder, Scientific Director, and supervisor of **the Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy**, where she is responsible for the four-year postgraduate training and supervision of mental health professionals, the coordination of scientific and research activities, and the provision of evidence-based assessment, counseling, and psychotherapy services for children, adolescents, and adults. In the context of her work, she collaborates with schools, hospitals, organizations, and community agencies to develop and support mental health services. At the same time, she has maintained private clinical practice since 1994, with experience in emotional and behavioral disorders, as well as in counseling for children, adolescents, parents, adults and couples.

Since **2018**, she has been collaborating with the **Athens Medical School** through the program ***"Strategies for Developmental and Adolescent Health,"*** contributing to the further training and education of mental health professionals and to the promotion of an interdisciplinary, developmental, and evidence-based approach to the mental health of children and adolescents. In this context, she delivers lectures in postgraduate courses for psychiatrists and psychologists.

She served as **Chair of Psychology Programs, Director of Psychology Programs, and Director of the University Counseling Center** at **Hellenic American University** (2012–2014). In these roles, she was responsible for the administrative and academic development

of the undergraduate and postgraduate Psychology programs, for establishing partnerships between the University and hospitals, schools, NGOs, and community agencies, as well as for founding and organizing the **University Counseling Center**, including the development of its operational framework and the supervision of postgraduate trainees. She also contributed to the launch of the institution's first master's program in Clinical Psychology.

From 1995 to 2012, she served as **Professor II (Associate Professor) of Psychology** at the **American College of Greece (Deree College)**, while from 2007 to 2012 she also served as **Assistant Head of the Department**.

Her scientific work includes publications, conference presentations, and invited lectures in Greece and abroad, with an emphasis on Rational Emotive and Cognitive-Behavioral Therapy, psychoeducation, emotional resilience, interpersonal relationships, and the psychosocial dimensions of health. Indicatively, she has published work on the Rational Emotive Behavioral approach in life coaching and has delivered presentations on goal-oriented and rational thinking in relationships, coping with bullying through emotional resilience, Stoicism and RECBT, as well as the psychosocial impact of short stature on children and adults.