

## **SHORT BIOGRAPHY: Dr George Varvatsoulis**

Born in Xanthi-Greece

-Degree in psychology and post graduate training in CBT

-BABCP accredited CBT psychotherapist -full accreditation will be ongoing on or around the 23rd of February 2016

-Clinical supervision qualification by the BPS -RAPPS: Registered as Applied Psychology Supervisor

- Registered as a Psychologist Specialising in Psychotherapy

-Experience in applying the CBT rationale and interventions to NHS, GPs, counselling students at Newham College University Centre, and into private practice. So far, my hours of face-to-face client work amount to around 500

-Experience in using a variety of interventions and techniques according to the CBT rationale, such as psychoeducation, exposure techniques, mindfulness, cognitive restructuring, and behavioural experiments

-Brief CBT work model/interventions working with clients in the primary care (6-12 sessions) or receiving clients from organisations who require brief interventions for their employees so to return back to work

-Worked as part of a Team during my time in the NHS -eating disorders- and presently at Newham College University Centre, both in the counselling of students/trainees regarding personal issues, together with other psychotherapists of the same Team

-Worked and work with people coming from differing backgrounds and/or social groups. This is something I am doing for the last almost three years in the area of East London where Newham College University Centre is located (Stratford Campus)

-Experience in working with mature students (ages between 19-68)

-I run psychoeducational groups either in the form of seminars with my trainees at Newham College University Centre (NCUC), or with clients, especially with individuals suffering from PTSD and self-harm

-I offer clinical supervision according to the CBT rationale both to my existing trainees and to graduates of the course

-I apply criteria relating to the codes of conduct of BACP/BABCP/BPS guidelines. I have an excellent knowledge of their ethical frameworks for good practice

Paper publications so far: 62

Books published so far: 3