

Mag. Patrick Akrivos,

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Patrick Akrivos is an Austrian – Greek licensed psychotherapist, registered with the Austrian Federal Ministry of Health (BMSGPK). He has an office in Athens, Greece and in Vienna, Austria. He is fluent in German, English and Greek and conducts sessions in all three languages. He has extensive training in Person Centered Therapy, Couples Therapy and Trauma Therapy. He works with teenagers and adults. Patrick brings a wealth of experience in educating parents, teachers and corporate staff, while demonstrating a commitment to ongoing learning and cultural sensitivity.

Education

- 2023: **Diploma in Person Centered Child and Youth Psychotherapy**, *Verein Rogerianischer Psychotherapie & Forum, Personzentrierte Psychotherapie, Ausbildung und Praxis, Vienna (in process)*
- 2022: **Diploma in Person Centered Psychotherapy**, *Forum, Personzentrierte Psychotherapie, Ausbildung und Praxis, Vienna*
- 2017: **Certified SAFE Mentor** (Attachment Parenting), *Ludwig Maximilians Universität München, Germany*
- 2015: **Certified Emotionally Focused Couple Therapist**, *International Centre for Excellence in EFT*
- 2015: **Certified ISTAME Instructor** (Anti-Bullying), *ΙΣΤΑΜΕ, Greece*
- 2014: **Certified Leader Effectiveness Trainer**, *Gordon International Training*
- 2013: **Certified Youth Effectiveness Trainer**, *Gordon Hellas*
- 2013: **Diploma Person Centered Counseling**, *Institute of Counseling and Psychotherapy Studies in association with the University of Strathclyde,*
- 2011: **Certified Teacher Effectiveness Trainer**, *Gordon Hellas*
- 2009: **Certified Parental Effectiveness Trainer**, *Gordon International Training*
- 2008: **M.A. Counseling Psychology**, *University of Middlesex, England*
- 2007: **Certificate in Focusing**, *Hellenic Centre for Focusing*
- 2004: **Diploma in Addictions Counseling**, *Clouds House, England (verified by CPCAB)*
- 2002: **Certificate in Gestalt**, *Institute of Gestalt Therapy, Athens*
- 2001: **Certificate in Family Systems**, *Therapeutic Institute for Family Relations, Athens*
- 2001: **B.Sc. in Psychology**, *University of La Verne California, Athens*

Professional Experience

2005 – Present: Praxis für Psychotherapie, Patrick Akrivos
(*private practice*)
Praxis-akrivos.at

- **Psychotherapy**
 - Person-Centered individual psychotherapy sessions, with youth and adults
 - EMDR Trauma Psychotherapy
 - Couples and family psychotherapy
 - Men's Group Psychotherapy
 - Cross cultural counseling
 - T.C.K. counseling
 - Transition/Relocation counseling
 - Cross cultural parenting counseling

- **Workshops / Trainings**
 - Parent Effectiveness Training
 - Teacher Effectiveness Training
 - Youth Effectiveness Training
 - Leader Effectiveness Training
 - S.A.F.E. secure attachment workshops
 - Positive discipline for Parents Training
 - Keeping the Joy in the Relationship Workshop
 - Tailored workshops and Lectures for schools and other institutions and business.

2013 – Present: **Facilitator**
Gordon Training International
<http://www.gordontraining.com/>

- Facilitate on-site (Leader Effectiveness Training) workshops for Gordon Training International, as well as Train the Trainer Workshop Trainings
- Facilitate on-site (Parent Effectiveness Training) workshops for Gordon Training International, as well as Train the Trainer Workshop Trainings

2009 – 2017: **Adjunct Faculty**
New York College, Athens, Greece
<http://www.nyc.gr/>

- Adjunct Faculty in the M.A. program in Clinical-Counseling Psychology, University of LaSalle, U.S.A. teaching: "*Substance Abuse Counselling*"
- Adjunct Faculty in B.A. program, SUNY Empire State College, teaching: "*Substance Abuse Counselling*", "*Cross Cultural Psychology*"

2013 – 2016: Supervisor / Counselor

MetaDrasi, Athens, Greece

<http://www.metadrasi.org/>

- Running a supervision/support group for the Interpreters.
- Offering individual counseling support to Interpreters

2006 - 2013: Visiting Instructor/Trainer

Greek Society of Adlerian Psychology & Romanian Adlerian Psychology Association

<http://adlerian.gr/>

- Facilitating workshops, trainings and lectures including such issues as: “Effective communication and problem-solving skills”. “Dysfunctional Families” “Couples Counseling”

2012 – 2013: Middle School Counselor

American Community Schools, Athens, Greece

<http://www.acs.gr/>

- Conducted individual and group counseling session to address academic, social and emotional issues with students and parents
- Collaborated with teachers to develop and implement strategies for supporting students in the classroom
- Provided crises intervention and support during challenging situations
- Organized and facilitated workshops on topics such as study skills, conflict resolution, multi-culturism
- Contributed to the development of school-wide programs promoting mental health and well-being
- Conducting support sessions for TCK students

2004 - 2011: Instructor/Consultant/Member of the Board

N.G.O Νηφάλιοι (Sober), Athens, Greece

<http://nifalioi.com/>

- Providing leadership and guidance in accordance with the NGO’s mission and values
- Advocate for evidence-based alcohol prevention policies at the community and policy level
- Training staff on the 24-hour hotline
- Providing public talks and lectures on the impact of alcohol on the family and especially on the children
- Accomplishments: Νηφάλιοι received the 2007 award of Best N.G.O. in Health Care and Prevention from the Greek Ministry of Health.

2008 -2009: Coordinator of Student Affairs

Hellenic American University, Athens, Greece

<http://haec.gr/en/>

- Serve as a point of contact for students facing personal challenges
- Conduct activities to raise cross cultural awareness
- Conducted individual counseling session to address academic, social and emotional issues with students
- Develop and implement initiatives to enhance student engagement, involvement and sense of belonging
- Collaborate with student organizations to organize events, activities and programs that contribute to the campus community
- Provide guidance to student leaders and advisors of student organizations

2006 - 2009: Research Associate

Hellenic American University, Athens, Greece

<http://haec.gr/en/>

- Assisting research in Health Literacy financed by the Marie Curie Re-Integration Grant. Responsibilities included data collection, literature review, article write-up, basic statistical analysis.
- Responsible for research on various individual research projects on global migration issues, coordinating data collection and processing.

2001 - 2005: Substance Abuse Counselor

Centre for Research in Human Behavior (KEAΣ), Athens Greece

<http://www.kentro.org/>

- Conduct comprehensive assessments to determine severity of substance use disorder
- Develop and implement individualized treatment plans in collaboration with the clinical team
- Conduct individual psychotherapeutic sessions
- Facilitate group therapy sessions
- Facilitate psychoeducational workshops on addiction, recovery and coping strategies

Publications & Presentations

Journal Publications

- Falagas ME, Akrivos PD, Alexiou VG, Saridakis V, Moutos T, Peppas G, Kondilis BK. *Patients' perception of quality of pre-operative informed consent in athens, Greece: a pilot study.* PLoS One. 2009 Nov 26;4(11)

- Vardavas CI, Kondilis BK, Patelarou E, Akrivos PD, Falagas ME. *Health literacy and sources of health education among adolescents in Greece*. Int J Adolesc Med Health. 2009 Apr-Jun;21(2):179-86.
- Halkias, D., Nwajiuba, C., Harkiolakis, N., Clayton, G., Akrivos, D. and Caracatsanis, S. (2009b). "*Characteristics and Business Profiles of Immigrant-Owned Small Firms: The Case of African Immigrant Entrepreneurs in Greece* ", International Journal of Business Innovation and Research, Vol. 3, No. 5., May 2009
- Halkias, D., Harkiolakis, N., Thurman, P., Rishi, M., Ekonomou, L., Caracatsanis, S., Akrivos, P., *Economic and Social Characteristics of Albanian Immigrant Entrepreneurs in Greece*, Journal of Developmental Entrepreneurship, World Scientific, Vol 14, No 2., June 2009

Conference Presentations

- Akrivos, P.D. "Adler & Rogers: Gemeinschaftsgefühl and therapeutic conditions, a political approach. Conference The Need to Belong, 14-15 January, 2022, Moraitis School, Athens, Greece
- Akrivos, P. D. "*Adler, Rogers and Attachment Theory: A revolutionary Approach to Couples Therapy*" 50 Year Anniversary Conference of the Greek Society of Adlerian Psychology, 16-17 March, 2019, Aegean College, Athens Greece.
- Kousteni, I. & Akrivos, P.D. "*Multiple Identities and Multi-Culture*" 3rd Person-Centered & Experiential Approach Conference, 2-3 March, 2019, Moraitis School, Athens, Greece
- Akrivos, P.D. "*An adolescent search for self*", International Symposium for the Vulnerable Child, 23-24 November, 2018, National Hellenic Research Foundation, Athens, Greece.
- Akrivos, P.D. & Ntalamanga, K. "*The Therapeutic Presence and Mindfulness Practice*" 1st Person-Centered & Experiential Approach Conference, 9-10 April, 2016, Moraitis School, Athens, Greece.
- Sax-Lane, A. Akrivos, P.D. "*The Construct of Personal Resilience: How can educators connect with and motivate at-risk youth in order to build resilience in classroom settings*" 10th ECIS Early Childhood Conference, 16-18 March, 2012, American Community School, Athens, Greece.
- Akrivos, P.D. "*Substance Dependence Prevention: the final frontier! Preventing more than just Trauma*" 25th International Congress of Individual Psychology in Vienna, 14-17 July 2011, University of Vienna, Austria.
- Akrivos, P.D. & Cimone X. "*The disease model alleviates stigma: A case study*" Alcoholism – historical and social issues, 28-29 August 2009, National Museum of Unification, Alba Iulia, Romania.
- Akrivos, P.D. "*Individual Psychology and Substance Dependence Prevention*" Alcoholism – historical and social issues, 28-29 August 2009, National Museum of Unification, Alba Iulia, Romania.
- Akrivos, P.D. "*Buddhism and the Person Centred Approach*" International Conference of Person Centred Counselling and Psychotherapy, 24-28 June, 2009, Conference Centre of the National Bank of Greece, Greece.
- Halkias, D., Harkiolakis, N., Ariffen, S., Caracatsanis, S. and Akrivos, D. "*Business and Social Profiles of Immigrant-Owned Small Firms: The Case of Pakistani Immigrant*

Entrepreneurs in Greece” Oxford Business and Economic Conference, 24-26 June, 2009, at St. Hugh's College, University of Oxford, UK

- Akrivos, P.D. and Skordou, M. “*Επαγγελματική εξουθένωση σε ειδικούς σε θέματα ψυχικής υγείας, οι οποίοι δουλεύουν με άτομα που πάσχουν από διάχυτη αναπτυξιακή διαταραχή* [Professional burn out in mental health care professionals working with autism and Asperger's Syndrome in Athens, Greece]. 3rd Panhellenic Convention of Scientists working with chronic patients, November 18-20, 2008, Imperial Hotel, Larissa, Greece.
- Kondilis, B.K., Akrivos, P.D., Salloum, S. and Falagas, M.E. “*Health Literacy in Athens, Greece: Exploring Sources of Health Information in Adults*”. EHMA Annual Conference, June 25-27, 2008, Divani Caravel Hotel, Athens, Greece.
- Halkias, D., Nwajiuba, C., Harkiolakis, N., Clayton, G., Akrivos, P.D. and Caracatsanis, S. “*Characteristics and Business Profiles of Immigrant-Owned Small Firms: The Case of African Immigrant Entrepreneurs in Greece*”. Proceedings of the Oxford Business & Economics Conference, Oxford, England, June 2008.
- Akrivos, P.D. “*The Purpose of Research in Therapy with Substance Dependent Individuals*” Proceedings of the International Conference of the Association of Psychology and Psychiatry for Adults and Children (A.P.P.A.C.), May 20-23, 2008, Hilton Hotel, Athens Greece.
- Halkias, D., Harkiolakis, N., Prinia, D., Caracatsanis, S. and Akrivos, D. *Implications of Minority-owned Family Enterprises on the Greek Economy*. Proceedings of the Oxford Business & Economics Conference, Oxford University, England, June 24-26, 2007
- Halkias, D., Abadir, S., Akrivos, D., Harkiolakis, N., Thurman, P. and Caracatsanis, S. “*Characteristics and Business Profiles of Immigrant-Owned Small Firms: The Case of Albanian Immigrant Entrepreneurs in Greece*”. Proceedings of the Oxford Business & Economics Conference, Oxford, England, February 2007.
- Halkias, D., Jalajas, D., Bommer, M., Akrivos, D., IIs, G., Harkiolakis, N., Kontogeorgi, M. “*The Effect of Downsizing on the Behaviours and Motivations of Survivors: A Cross-Cultural Comparison between Employee Experiences in Greece and the United States*”. Proceedings of the 18th International Congress for Cross-Cultural Psychology, Spetses, Greece, July 2006.
- Halkias, D., Stavrou-Coatea, E., Swiersz, P., Abadir, S. and Akrivos, D. “*Daughters' Intentions to Succeed Fathers in the Family Business: Securing the Future of the Family Enterprise in Greece*”. Proceedings of the Congress of the International Council of Psychologists, Kos, Greece, July 2006.
- Harkiolakis, N., Halkias, D., Stamoulis, D. and Akrivos, D. “*Barriers to the Introduction of Technology in Small Family Business Enterprises in Greece*”. Proceedings of the International Congress of Applied Psychology, Athens University, Athens, Greece, July 2006.
- Halkias, D., Fakinos, M., Hyman, I., Akrivos, D., Cohen, I., et al. “*Bullying and Victimization in the Schools: A Preliminary Analysis of a Cross National Study*”. Proceedings of the 112th Convention of the American Psychological Association, Honolulu, Hawaii, June 30, 2004.
- Halkias, D., Fakinos, M., Hyman, I., Akrivos, D., Cohen, I., Mahon, M., Snook, P. and DuCette, J. “*A Cross-National Study of the Typology and Symptoms of Students' Victimization*”. Proceedings of The Annual Meeting of the Pennsylvania Psychological Association, Philadelphia, USA, June 12, 2003.
- Halkias, D., Fakinos, M., Hyman, I., Akrivos, D., Cohen, I. and Mahon, M. “*Victimization of Children in Greek Schools: Stress and Trauma Symptoms Related to School Bullying*”. Proceedings of the 9th Pan-Hellenic Conference on Psychological Research, Rhodes, Greece, May 21, 2003.

- Halkias, D., Fakinos, M., Hyman, I., Akrivos, D, Cohen, I.,, Mahon, M., Snook, P. and DuCette, J. “*Victimization of Children in Schools – Traumatic Symptoms and Stressors in Greek and American Students*”. Proceedings of the XVI Congress of the International Association for Cross-Cultural Psychology, Yogyakarta, Indonesia, July 15, 2002.

Book Chapters

- Halkias, D., Entrepreneurship and Sustainability: Business Solutions in Poverty Alleviation from Around the World. Gower Publishers, London, 2012
- Halkias, D., Thurman, P., Smith, C., Nason, R., (Eds). Father-Daughter Succession in Family Business: A Cross-Cultural Perspective. Gower Publishers, London, 2011
- Halkias, D., Thurman, P., Harkiolakis, N., Caracatsanis, S., (Eds.). Female Immigrant Entrepreneurs: The Economic and Social Impact of a Global Phenomenon. Gower Publishers, London, 2010.
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Poster Session Presentations

- Patil, K. and Akrivos, P.D. *A Preliminary Cross-Cultural Investigation in Forgiveness and Emotional Intelligence in Greek and Indian Students*. XXIX International Congress of Psychology, July, 2008: ICC Berlin, Germany.
- Falagas, M.E., Akrivos, P.D., Alexiou, V.G., Saridakis, V., Moutos, T., Peppas, G. and Kondilis, B.K. *Pre-operative informed consent in Greece: A prospective study*. EHMA Annual Conference, June, 2008, Athens, Greece.
- Kondilis, B, Akrivos, P.D. and Falagas, M.E. *Επίπεδο Ικανότητας Ανάγνωσης και Κατανόησης των Ενημερωτικών Φυλλαδίων Υγείας που Διαμένονται σε Νοσοκομεία & Κέντρα Υγείας των Αθηνών** [Readability Levels of Health Pamphlets Distributed in Athens Hospitals & Health Centers]. 3rd Panhellenic Conference on Health Management, Economics & Policies. December 12-15, 2007: Athens, Greece. * *Conference poster award recipients*
- Vardavas, C., Kondilis, B., Akrivos, P.D., Patelarou, E. and Falagas, M.E. *Θέματα και Πηγές Ενημέρωσης Ελλήνων Εφήβων Σε Θέματα Υγείας: Ο Ρόλος του Κρατικού Φορέα στην Ορθή Ενημέρωσή Τους** [Health Topics and Health Information Sources for Greek Teenagers: The Role of the Government in their Education]. 3rd Panhellenic Conference on Health Management, Economics & Policies. December 12-15, 2007: Athens, Greece. * *Conference poster award recipients*

Other Publications

2009- 2010: Writing the column: “An Expert View: All in the Family” published in the English speaking newspaper **Athens News** (www.athensnews.gr). The column deals with aspects concerning the family, the couple, issues concerning parenting, as well as answering reader queries.

2013-2014: Writing a column on psychological issues published in the English speaking newspaper Athens Views (www.athensviews.gr). The column deals with aspects concerning the family, couples, issues concerning parenting and other mental/emotional health issues.

Chairing

- Chair, Panel on “*Entrepreneurship Among the Roma in Europe*”, panel co-sponsored by the Embassy of Denmark in Athens and The Hellenic American Union, October 24, 2008, Athens, Greece
- Chair, Symposium on “*Addiction or Disease of Dependency? From Neurobiology to Therapy*”. June 21-22, 2008, Greek Ministry of Health and Social Solidarity.

Languages

- English (Fluent)
- Greek (Fluent)
- German (Mother Tongue)

References Available Upon Request