



ORESTIS KASINOPOULOS, Ph.D.

CURRICULUM VITAE

Nationality: Greek Cypriot
D.O.B.: 30.03.1987
Gender: Male

Orpheos 10a, 2370, Agios Dometios,
Nicosia, Cyprus

Telephone: +35799454398
Email: orestiskas@gmail.com
<http://www.orestiskasinopoulos.com>

WORK EXPERIENCE

September 2019 – Current

Research Associate

Department of Psychology, University of Cyprus
Stay On Track Project: A digital platform to facilitate medication adherence in chronic sufferers

June 2015 - Current

Psychological Counseling and Support services

Department of Rehabilitation in Spinal Cord Injuries,
Nicosia General Hospital

Freelancer, External Associate of Cyprus's Organization of Paraplegics (O.ΠΑ.Κ).

Duties: Individual, patient, couples, family and group counseling in clinical and home settings, clinical assessment, formulation of treatments plans in inter-disciplinary team rehabilitation settings.

June 2015 - January 2016

Freelance Psychologist and Blogger

FUNIFI Start-up Company

Authoring of online blogs on parenting skills

Electronic Blogs (n=12) (www.funifi.com & www.pouchcard.com)

February 2015 – June 2015

Teaching Assistant

September 2015 – January 2016

Department of Psychology, University of Cyprus

Lecturing (6), Assessment of assignments of final year undergraduates

Under the guidance of Director of Clinical Training Dr.

Anthi Loutsiou and Associate Professor Dr. Panayiotis Stavriniades

January 2012 – March 2014

Research Fellow

Department of Psychology, University of Cyprus,

ALGEA” Project (Structural funding, National

Strategic Reference Framework, NSRF, www.algea.com.cy)

Literature research on Chronic Pain, Formation, assessment and intervention on chronic pain patient groups, chronic pain presentations and workshops.

September 2012 – December 2012

Research Assistant

Department of Psychology, University of Cyprus

Psychometric data cleaning and filtering.

EDUCATION

- September 2012 – February 2019 Ph.D, Clinical Psychology Doctorate
Department of Psychology, University of Cyprus
PhD Thesis: The effectiveness of a digital ACT-based intervention to improve psychological well-being and quality of life of chronic pain sufferers (Grade: Excellence)
Academic Supervisor: Dr. Maria Karekla
Duties: Supervisor of 5 undergraduate students
Overall Grade: 8.5/10
- September 2011 – August 2012 M.Sc Mental Health Studies
Institute of Psychiatry, King's College London
Dissertation topic: Mental simulation and coping in Schizophrenia: An analysis of the narratives of patients with Schizophrenia.
- September 2008 – July 2011 BSc Psychology
Department of Psychology, University of Nottingham
Dissertation topic: Investigating the effect of feelings of “Defeat” and “Entrapment” on the memory of healthy non-clinical population. Supervised by Dr. Ellen Townsend.
Grade: 2:1 (Upper Second Class)
- 1999 – 2006 The English School, Nicosia, Cyprus
A-Levels: Mathematics with Statistics (A), History (A), Modern Greek (A), Biology (B)
GCSE O Level English Language: (B)
GCSE O'LEVEL French: (A)

CLINICAL EXPERIENCE

- Jun. 2015 – Currently: Nicosia General Hospital (Paraplegic Department)
Freelance Psychologist for Cyprus Paraplegic Association
Duties: Diagnosis and clinical assessments, interdisciplinary hospital meetings, home visits, interventions (Individual and group) for people with paraplegia or tetraplegia in home or clinical settings.

- Apr. 2015 – Oct. 2015: Practicum IV: Agia Skepi
Diagnosis, treatment (Individual and group) for substance abusers in enclosed rehabilitation settings.
- Aug. 2014 – Apr. 2015: Practicum III: KENTHEA – ITHAKI
Counseling in Community mental health settings. Experience with families, school and preschool children, couples, and individual one-on-one sessions.
- Mar. 2014 – Aug. 2014: Practicum II: Social Welfare Services
Individual psychotherapy treatment for Social Welfare Service users referred by Social workers.
- Aug. 2013 – Mar. 2014: Practicum I: Cyprus National Guard
Treatment (individual and group) and diagnosis to military staff and soldiers, conducted interviews, history taking, intake assessments, and arranged necessary referrals
- Jan. 2012 – Dec. 2014: Chronic Pain management
Conduction of 8 psycho-educational group sessions, individual assessments of Chronic Pain patients.
- Jan. 2012 – June 2012: Volunteer Clinical Instructor in Bethlem Royal Hospital, London.
Duties: Engaging, encouraging and motivating patients from psychiatric wards, to get involved in physical exercise.
- Mar. 2012 – June. 2012: Volunteer (Casual Play-worker) in Hayward London Playground of KIDS
Duties: To initiate, guide and facilitate reactive play and social activities with individual children and groups of children diagnosed with disorders such as autism, ADHD and learning difficulties.
- Aug. 2011 – Sep. 2011: Briefing by Clinical Psychologists in Community Mental Health Services
Briefing on psychological services, observation of therapist-patient interaction. Organized by Nicosia General Hospital, Psychiatric Unit.
- Jun. 2010 – Sep. 2010: Volunteer in “Ariadni” Mental Health Rehabilitation Centre, Nicosia
Observer in therapeutic sessions, interacting with patients and helping the nurses.

RESEARCH EXPERIENCE

- June, 2017 ACBS Annual World Conference 15, Seville, Spain
- **Kasinopoulos, O.**, Karekla M., (2017) : Designing a Digital ACT-based intervention: Things I have learned. Ignite Presentation
 - Constantinou, P., **Kasinopoulos O.**, Karekla M., (2017): Best practices and Guidelines for Utilizing Digital Interventions to Improve Engagement and Adherence in Chronic Illness Sufferers. Poster Presentation

- Paraskeva-Siamata M., Vasiliou V., **Kasinopoulos O.**, et al., (2017): Does an ACT-based Group Intervention for Chronic Pain affect Sleep Disturbance and Depressive Symptoms?
- Karekla M., **Kasinopoulos O.**, (2017): ACT-based Digital Applications for Health Behavior Change: #FlexiQuit #AcceptMe #AlgeaApp. Invited Speaker Talk^{[SEP][SEP]}

December, 2016

3rd Conference of Mental Health in Primary Care Settings, Athens, Invited Symposium

- **Kasinopoulos, O.**, Karekla, M., (2016): The development of a brief digital ACT intervention for chronic pain management

May, 2016

ICPCEBS 2016: 18th International Conference on Psychology, Cognitive, Education and Behavioral Sciences. Montreal, Canada E-Poster Oral Presentation

- **Kasinopoulos, O.**, Karekla, M., Vasiliou, S., V., Karademas, C., E., (2016). An examination of Low Engagement in a Group-Based ACT Intervention for Chronic Pain Management: Highlighting the need for User-Attainment Focused Digitalized Interventions.

July, 2015

14th European Congress of Psychology, Milan, Italy Interactive Poster Presentation

- **Kasinopoulos, O.**, Karekla, M., Vasiliou, V., Siamata M.P., & Karademas, E. Effectiveness of an ACT intervention in a Greek-speaking Chronic Pain population and the need for adaptation to a web-based intervention.

July, 2015

ACBS World Conference 13, Berlin, Germany Invited Symposiums (2)

- **Kasinopoulos, O.**, Karekla, M., Vasiliou, V., & Karademas, E. Adaptation of an ACT based intervention to a digital intervention. Symposium
- Vasiliou, S.V., Karekla, M., & **Kasinopoulos, O.** *Examining the “open” response style of Acceptance and Defusion processes in mediating pain interference and psychosocial adjustments to pain management.* In Lopez, H. & Levin, M.E. (chairs). A path from psychological inflexibility to psychological flexibility: Analyses of the components involved.

March, 2015

15th PanHellenic conference of Psychological Research, Nicosia Invited Symposiums (3)

- Vasiliou, V., Flouri, M., Karademas, E., **Kasinopoulos, O.** & Karekla, M., (2015). Difference in quality of life and illness representations in patients with chronic pain vs. patients with a chronic illness without pain. In M. Karekla & E. Karademas (chairs), Reconstructing chronic pain:

The results of one experiment and one clinical trial for the treatment of chronic pain.

- Karademas, E., Karekla, M., Flouri, M., Vasiliou, V., **Kasinopoulos, O.** & Papacostas, S. (2015). Reconstructing chronic pain: The role of self-management, psychological flexibility and mindfulness. In M. Karekla & E. Karademas (chairs), Reconstructing chronic pain: The results of one experiment and one clinical trial for the treatment of chronic pain.
- **Kasinopoulos, O.**, Karekla, M., Vasiliou, V., & Karademas, E. (2015). Adaptation of Acceptance and Commitment Therapy for Chronic Pain to a digital application. In M. Karekla & E. Karademas (chairs), Reconstructing chronic pain: The results of one experiment and one clinical trial for the treatment of chronic pain. Division of Clinical and Health Psychology invited symposium presented at the the15th Hellenic Psychological Society Conference, Nicosia, Cyprus.

June, 2014

12th ACBS World Conference, Minneapolis, USA

Interactive Poster Presentation

- **Kasinopoulos O.**, MSc, Vasiliou, S.V., Karekla, M., et. al. (2014). *Validation of the Psychological Inflexibility in Pain Scale in a Greek-speaking Chronic pain population.*

August, 2014

28th EHPS Conference, Innsbruck, Austria

Interactive Poster Presentation

- Vasiliou, S.V., Flouri, M.,**Kasinopoulos, O.**, Stavrinaki, M., Siamata, M., Hadjikyriacou, D, Papakostas, S. , Karekla, M & Karademas, E. (2014). *The Greek Valued Living Questionnaire (VLQ-G): Validation in chronic illness.*

November, 2014

5th Panhellenic Conference of Counseling Psychology, Patra

Interactive Poster Presentation

- Karademas, E., Karekla, M., Flouri, M., Vasiliou, V.S., **Kasinopoulos, O.**, Siamata, M., Papacostas, S., (2014). *Chronic Patients without pain: Differences in the quality of life and illness representations.*

July, 2013

27TH EHPS Academic Conference, Bordeaux, France

Interactive Poster presentations (2)

- Vasiliou S. V., **Kasinopoulos, O.**, Karekla, M, Karademas, C. E., Flouri, M & Vasiliou S. V, 2013. *Introducing “ALGEA”, Interdisciplinary interventions for Treating Chronic Pain patients and their families using ACT-based therapeutic modalities.*
- **Kasinopoulos, O.**, Christodoulou, A., Karekla, M, 2013. *Acceptance and Commitment therapy enhanced by text messaging by smoking cessation in adolescence.* Interactive poster presentation

11th ACBS World Academic Conference, Sydney, Australia

Interactive Poster presentations (2)

- **Kasinopoulos O.**, Vasiliou, S.V., Savvides, S. N., & Karekla, M., (2013). *Validation of the Childhood and Adolescent Mindfulness Measure (CAMP) in a Greek speaking adolescent population.* Interactive poster presentation.
- Vasiliou S. V, Karekla, M, Karademas, C. E., Flouri, M & **Kasinopoulos, O.**, (2013). *Introducing “ALGEA”, Interdisciplinary interventions for Treating Chronic Pain patients and their families using ACT-based therapeutic modalities.*

November, 2013

47th Annual ABCT Conference, Nashville, USA

Interactive Poster Presentation

- **Kasinopoulos O.**, Xiouroupas C., Karekla, M. (2013). *The investigation of predictors of Panic Attacks in a student non-clinical population in Cyprus.*

WORKSHOPS OFFERED

- | | |
|-------------|---|
| 2017 | <u>One-day workshop</u>
Improving the Patient - Carer relationship: Helpful Tips, do's and don't's |
| 2015 | <u>Three - day experiential workshop</u>
Vasiliou S.V., Kasinopoulos O. , Karekla M., (2015): Training therapists in applying ACT in Group settings in a population with chronic headaches and migraines.
Audience: Graduated health Psychology students,
Department of Psychology, University of Crete, Greece |
| 2013 – 2014 | <u>(4) one - day experiential workshops</u>
Karekla, M, Vasiliou S.V. & Kasinopoulos O. (2013 & 2014).
“Pausing the struggle with the pain, revitalizing your life
Audience: Chronic Pain Patients of
Antirheumatic Cyprus Association
Venues: Nicosia, Larnaca & Limassol, Cyprus. |
| 2012 | <u>Two - day experiential workshop</u>
Vasiliou S.V, Karekla, M,. & Kasinopoulos O. (2013).
Introduction to Acceptance and Commitment Therapy (ACT).
Audience: Graduated health Psychology students,
Department of Psychology, University of Crete, Greece |
| 2013 | <u>One - day experiential workshop</u>
Karekla, M, & Kasinopoulos O. (2013). Teaching mindfulness and acceptance of feelings in elementary school students.
Venue: Peykios Georghiades Elementary School, Strovolos. |

PUBLICATIONS - ONLINE BLOGGING - MEDIA

- 2019 Karekla, M., **Kasinopoulos, O.**, Neto, D., Ebert, D.D., Van Daele T., Nordgreen, T., Höefer, S., Oeverland, S. & Jensen K.L. (2019). Best practices and recommendations for digital interventions to improve engagement and adherence in chronic illness sufferers. *European Psychologist*.
- 2018 Vasiliou, V. S., Karekla, M., Michaelides, M. P., & **Kasinopoulos, O.** (2018). Construct validity of the G-CPAQ and its mediating role in pain interference and adjustment. *Psychological assessment*, 30(2), 220.
- 2017 Karekla, M, Karademas, Vasiliou, S V. **Kasinopoulos, O**, Flouri, M, Christou, G., & Papacostas, S. (accepted). In Search for Novel and More Effective Psychological Treatments for Chronic Pain: The “Algea” Research Project, *European Health Psychologist*.
- 2017 Karademas, E.V., Flouri, M. , Karekla, M, Vasiliou, S.V., **Kasinopoulos, O**, & Papacostas, S. (2017). The Impact of Experiential Avoidance on the Relations Between Illness Representations, Pain Catastrophizing, and Pain Interference in Chronic Pain.
- 2016 Vasiliou, S.V., Karekla, M., Michaelides, M , & **Kasinopoulos, O.** (under submission). The Psychological Inflexibility in Pain scale (PIPS): Psychometric properties and mediating effects of pain avoidance and cognitive fusion in pain-related psychosocial outcomes.
- 2016 Vasiliou, S.V., Karekla, M, Michaelides, M, & **Kasinopoulos, O.** (Under review). Construct validity of the G-CPAQ and its mediating role in pain interference and Adjustment
- 2016 Vasiliou, S.V., Karekla, M, Michaelides, M, & **Kasinopoulos, O.** (Under review). Construct validity of the G-PIPS and its mediating role in pain interference and Adjustment
- 2015 – 2016 Parental Blogging
Kasinopoulos O., (2015): FUNIFI & PouchCard
(internet links available upon request)
- Learning To Focus On All Things Positive: Attending Attending Skill: Once upon a time . . .*
A guide on how to implement the Attending Skill
How To Improve Communication And Listening Skills With Your Kids
What Are The Benefits Of Communicating Effectively To Our Child?
Mindful Parenting: How To Become A More Self-conscious Parent
How Pocket Money Can Help Kids Become Independent and

Responsible

Do You Need That Or Do You Want That?

What Is The Relationship Between Money And Happiness?

How Pocket Money Can Help Kids Become Independent And Responsible

2015

Psychology and Food blogging

Kasinopoulos O., (2015):

What is the relationship between emotions and food consumption?

What is mindful eating?

2014

Stavrinaki, M., Paraskeva-Siamata, M., Vasiliou, V., Kasinopoulos, O., Hadjikyriacou, D., Karekla, M., & Constantino, C. S. (2014). The Value of Valued Living Questionnaire for Chronic Illnesses: the Case of Thalassaemia. *European Health Psychologist*, 16(S), 934.

2013

Karekla, M, Vasiliou S.V. & **Kasinopoulos**, O. (2013). Καλύτερευση στην επικοινωνία μεταξύ Ιατρού και Ασθενούς (Improvement in communication between physicians and patients), Πορεία Ζωής, Τεύχος 19, Αντιρρευματικός σύνδεσμος Κύπρου.

August 2013

Guest in radio broadcasting

Topic: Chronic Pain management

Show: «Ψυχής Δρόμοι» Ραδιοφωνικός Σταθμός Ιεράς Μητρόπολης Λεμεσού.

July 2013

ALGEA research project awarded by the Association for Contextual and Behavior Science (ACBS). Reference published by the national newspaper “Kathimerini”.

FURTHER TRAINING

2013 – 2015

Completed 100+ hours of basic training in Acceptance and Commitment Therapy under the supervision of ACT trainer Dr. Maria Karekla.

2014 - 2015

Completed 80+ hours of basic training in Brief Systemic and Dialogical Therapy and relevant workshops under the Supervision of Clinical Psychologist Dina Mousteri, DESS, UKCP Reg.

2014

Participated in ERASMUS+ operation New Youth – On Youth, Edirne, Turkey. Aim: to increase awareness of social minority excluded groups.

2012 – 2014

CBT training throughout the Ph.D Clinical Psychology program

GRANTS/SCHOLARSHIPS/AWARDS

- 2016 ICPCEBS 2016: 18th International Conference on Psychology, Cognitive, Education and Behavioral Sciences. Montreal, Canada
Best Conference Presentation Award
Kasinopoulos, O., Karekla, M., Vasiliou, S., V., Karademas, C., E., (2016). An examination of Low Engagement in a Group-Based ACT Intervention for Chronic Pain Management: Highlighting the need for User-Attainment Focused Digitalised Interventions.
- 2014 Obtained sponsorship (530 euro) from COST, ACTA, ACTA Dental Education BV (ADE), and Prelum Publishers (Houten, The Netherlands) for the attendance of the 2014 Spring School COST Action TD-1005 (Pain Assessment in Patients with Impaired Cognition, especially Dementia)
- 2014 Pain Assessment in Patients with Impaired Cognition, especially Dementia, Spring School COST Action TD-1005. Received sponsorship from COST, ACTA, ACTA Dental Education BV (ADE), and Prelum Publishers (Houten, The Netherlands)
- 2012 Three – year Ph.D Student scholarship from the Cyprus State Scholarship Foundation
- 2006 Athletics Award and Sportsman high-school award

Affiliations and memberships

- Member of CYMedNet: A voluntary organization of Greek-Cypriot students offering lectures and seminars in prospective students of all health-related sciences regarding living and studying in UK.
- Member of the Association for Contextual Behavioral Science (ACBS)
- Member of the ACThealthy clinical health psychology laboratory

Extra Curricular Activities

- Keen interest in Sports: Played professional basketball in Cyprus Federation of Basketball, in school and University Men's Basketball Team, won several championships, member of the high school's Volleyball team.

Other skills

PC Literacy:

- Excellent knowledge in Web
- Excellent knowledge in Microsoft Office
- Excellent knowledge in SPSS
- Excellent knowledge in OMR (scanning software that converts data into SPSS)
- Excellent knowledge in E-Prime software

Languages:

- Greek (native speaker)
- English (fluently)
- French (GCSE O'level)

Other examinations:

October 2011

GRE revised general Test examinations score: 1140

References:

References are available upon request.