

ORESTIS KASINOPOULOS, Ph.D.



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WORK EXPERIENCE

2021 November – Present

Founder & Director, The Safe Place Project

Development and coordination of a multidisciplinary mental health center consisting of 15 professionals.

February 2019 - Present

Private Practitioner | The Safe Place Project

June 2015 – Present

Psychologist, Department of Rehabilitation in Spinal Cord Injuries, Nicosia General Hospital

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

Clinical assessments, individual/couples/family/group therapy, rehabilitation-focused interventions, home visits.

September 2019 – 2022

Research Associate, University of Cyprus – Stay On Track Project

Digital ACT-based intervention design for medication adherence.

2015 – 2016

Freelance Psychologist & Blogger – FUNIFI Start-Up

Created 12 parenting psychology blogs for international audiences.

2015 – 2016

Teaching Assistant, University of Cyprus

Lecturing, assignment evaluations, supervision under Dr. Loutsiou & Dr. Stavrinides.

2012 – 2014

Research Fellow – ALGEA Project, University of Cyprus

Chronic pain intervention design, workshops, literature reviews.

2012

Research Assistant, University of Cyprus

Psychometric data cleaning, supervised by Dr. Karekla & Dr. Panayiotou.

EDUCATION

Ph.D. Clinical Psychology, University of Cyprus (2012–2019)

Thesis: Digital ACT intervention for chronic pain well-being and QoL (Grade: Excellence).

Supervisor: Dr. Maria Karekla.

M.Sc. Mental Health Studies, King's College London (2011–2012)

Dissertation: Mental simulation and coping in schizophrenia.

B.Sc. Psychology, University of Nottingham (2008–2011)

Graduated with Upper Second Class (2:1).

The English School, Nicosia (1999–2006)

A-Levels: Maths (A), History (A), Modern Greek (A), Biology (B).

CLINICAL EXPERIENCE

- Nicosia General Hospital – Paraplegic Department (2015–Present): Assessment, diagnosis, therapy, interdisciplinary work.
- Agia Skepi (Practicum IV): Substance abuse therapy (individual & group).
- KENTHEA–ITHAKI (Practicum III): Community mental health counseling.
- Social Welfare Services (Practicum II): Psychotherapy for referred individuals.
- Cyprus National Guard (Practicum I): Psych assessments & treatment for military staff.
- Chronic Pain Management (2012–2014): Psycho-educational groups & assessments.
- Bethlem Royal Hospital, UK: Volunteer clinical instructor.
- Hayward London Playground (KIDS): Play-based work with neurodiverse children.

WORKSHOPS OFFERED

- 2025: Two-day Mental Health Workshop for Aegean Pilots (Peer-to-Peer Program), Athens.
- 2025: Conducted 10 workshops for caregivers on burnout and stress management.
- 2017: One-day workshop – Improving the Patient–Carer Relationship.
- 2015: Three-day experiential ACT workshop for therapists (University of Crete).

- 2013–2014: Four ACT workshops for chronic pain patients (Cyprus).
- 2012: Two-day ACT workshop (University of Crete).
- 2013: One-day workshop on mindfulness for elementary school students.

PUBLICATIONS (PEER-REVIEWED)

- Karashiali et al., 2024 – Tensions in caring for chronic patients' medication adherence. Journal of Health Psychology.
- Kasinopoulos, Vasiliou & Karekla, 2023 – ALGEApp digital intervention. Internet Interventions.
- Konstantinou et al., 2021 – Scoping review on medication adherence. Annals of Behavioral Medicine.
- Karekla et al., 2019 – Best practices for digital interventions. European Psychologist.
- Vasiliou et al., 2018 – Validity of G-CPAQ. Psychological Assessment.
- Karademas et al., 2017 – Experiential avoidance & illness representations.
- Stavrinaki et al., 2014 – VLQ for chronic illness. European Health Psychologist.
- Karekla, Vasiliou & Kasinopoulos, 2013 – Physician–patient communication.

ONLINE BLOGGING & MEDIA

- 2015–2016: Parenting blogs for FUNIFI & PouchCard (12 articles).
- 2015: Psychology & food articles (mindful eating, emotions and food).
- 2013: Radio guest on chronic pain management (Ψυχής Δρόμοι, Limassol).

PROFESSIONAL TRAINING

- 100+ hours ACT training (2013–2015).
- 80+ hours Brief Systemic & Dialogical Therapy.
- CBT clinical training (PhD program).
- ERASMUS+ New Youth – Social minority awareness.

GRANTS & AWARDS

- 2016: Best Presentation Award, ICPCEBS Conference, Montreal.

- 2014: COST-funded Spring School sponsorship (Pain Assessment).
- 2012: Cyprus State Scholarship Foundation – 3-year PhD scholarship.
- 2006: High School Sportsman Award.

AFFILIATIONS & MEMBERSHIPS

- CYMedNet – Volunteer lecturer.
- Association for Contextual Behavioral Science (ACBS).
- ACThealthy Clinical Health Psychology Lab.

OTHER SKILLS

- PC: SPSS, E-Prime, OMR scanning, Microsoft Office, Web tools.
- Languages: Greek (native), English (fluent), French (intermediate).
- Sports: Former professional basketball player.

REFERENCES

Available upon request.