



### Academic Personnel Short Profile / Short CV

|                             |                                    |
|-----------------------------|------------------------------------|
| <b>University:</b>          | Neapolis University Pafos          |
| <b>Surname:</b>             | Dr Efthyoulou                      |
| <b>Name:</b>                | Lina                               |
| <b>Rank/Position:</b>       | Lecturer in Counselling Psychology |
| <b>Faculty:</b>             | School of Health Sciences          |
| <b>Department:</b>          | Department of Psychology           |
| <b>Scientific Domain: *</b> | Counselling Psychology             |

\* Field of Specialization

### Academic qualifications (list by highest qualification)

| Qualification  | Year | Awarding Institution                | Department                                       | Thesis title (Optional Entry)   |
|--|------|-------------------------------------|--|---|
| Certificate in Behavioural Activation for Depression (CREDO)   | 2021 | University of Oxford, UK            | Department of Psychiatry                         |   |
| Professional Doctorate in Counselling Psychology (DCounsPsych) | 2018 | University of Manchester, UK        | School of Environment, Education and Development | Experiences of psychosis explored through first-person narratives and implications for Counselling Psychology clinical practice |
| MSc Mental Health: Psychological therapies                     | 2013 | Queen Mary University of London, UK | Department of Clinical Psychiatry                | A Systematic Review: Therapeutic factors and their manifestation in group psychotherapy for psychiatric patients                |
| BSc (Honours) Psychology                                       | 2012 | Open University, UK                 | Department of Psychology                         |   |

**Employment history in Academic Institutions/Research Centers – List by the three (3) most recent**

| Period of employment |       | Employer  | Location       | Position                                   |
|----------------------|-------|---|----------------|--|
| From                 | To    |   |                |  |
| 2020                 | Today | Neapolis University Pafos   | Pafos          | Lecturer in Counselling Psychology         |
| 2018                 | 2020  | Private Practice  | Nicosia        | Chartered Counselling Psychologist         |
| 2017                 | 2018  | Cyprus National Guard & KENTHEA   | Limassol       | Chartered Counselling Psychologist/trainee |
| 2015                 | 2017  | NHS Primary Care, IAPT Service, Greater Manchester Mental Health NHS Foundation Trust | Manchester, UK | Counselling Psychologist in training       |

**Key refereed journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)**

| Ref. Number | Year | Title | Other authors | Journal and Publisher / Conference | Vol. | Pages |
|-------------|------|-------|---------------|------------------------------------|------|-------|
| 1           |      |       |               |                                    |      |       |
| 2           |      |       |               |                                    |      |       |

**Exhibitions (where applicable). List the five (5) more recent and other five (5) selected. (max total 10)**

| Ref. Number | Date | Topic | International / Local | Location* | Role in Exhibition |
|-------------|------|-------|-----------------------|-----------|--------------------|
| 1           |      |       |                       |           |                    |
| 2           |      |       |                       |           |                    |

\*Specify venue, geographic location etc

**Research Projects. List the five (5) more recent and other five (5) selected  
(max total 10)**

| Ref. Number | Date | Title   | Funded by | Project Role*   |
|-------------|------|---|-----------|-----------------|
| 1.          | 2024 | Exploring the Efficacy and Experience of Virtual Reality Exposure Therapy (VRET) for specific phobia of flying. A mixed-methods study design. | n/a       | Lead Researcher |
| 2.          | 2024 | Understanding the Meaning and Significance of Spiritual Experiences in Psychosis: A Qualitative Study   | n/a       | Lead Researcher |
| 3.          | 2024 | Lived Experiences of Psychosis Among Greek-Cypriots: A Descriptive Phenomenological Study of Meaning-Making and Personal Growth               | n/a       | Lead Researcher |
| 4.          | 2025 | Mind-Body Exercises as an Effective Approach for Reducing Anxiety: A Theoretical Perspective  | n/a       | Lead Researcher |
| 5.          | 2025 | Nurturing Personal Growth: Exploring Client Experiences in DBT Therapy through In-depth Qualitative Analysis                                  | n/a       | Lead Researcher |

*\*Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other*

**Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees.  
List the five (5) more recent (Optional Entry)**

| Ref. Number | Period     | Organization                                   | Title of Position or Service       | Key Activities   |
|-------------|------------|--|------------------------------------|--|
| 1.          | 2021-Today | The European Journal of Counselling Psychology | Reviewer                           | Conduct peer reviews for academic manuscripts (qualitative), evaluating research quality, methodological rigour, and contribution to the field. Provide constructive feedback to authors and recommendations to editors, ensuring adherence to research and scholarly standards. |
| 2.          | 2017-2018  | KENTHEA  | Organiser and Workshop facilitator | Developed and led a Relationships and Sex Education workshop (ages 12–14) in Nicosia high schools. Collaborated with schools to organise and implement interventions.  |
| 3.          | 2017-2018  | KENTHEA  | Organiser and Workshop facilitator | Organised and facilitated an experiential summer workshop on parenting skills for male and female prisoners. Assessed psychological needs through stakeholder meetings and developed tailored workshop materials.  |

***Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected.  
(max total 10) (Optional Entry)***

| <b>Ref. Number</b> | <b>Date</b> | <b>Title</b> | <b>Awarded by:</b> |
|--------------------|-------------|--------------|--------------------|
| <b>1</b>           |             |              |                    |
| <b>2</b>           |             |              |                    |
| <b>3</b>           |             |              |                    |

***Other Achievements. List the five (5) more recent and other five (5) selected.  
(max total 10) (Optional Entry)***

| <b>Ref. Number</b> | <b>Date</b> | <b>Title</b> | <b>Key Activities:</b> |
|--------------------|-------------|--------------|------------------------|
| <b>1</b>           |             |              |                        |
| <b>2</b>           |             |              |                        |
| <b>3</b>           |             |              |                        |