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Studies

1993. Degree in Psychology, Psychology Department, University of Crete
1995. M.Sc. in Psychology, Psychology Department, City University, London GB
2004. Ph.D. in Psychology, Department of Elementary Education, Aegean University
Title of Ph.D. Dissertation: The impact of children's diabetes mellitus type 1 on family

Teaching Experience

University of Athens "Personality theories"
ASPETE, "Counselling Psychology & Career Guidance", Counselling people with special needs", "Counselling people with psychosocial problems"
MA in Education (ASPETE-University of Roehampton, London): "Counselling & Guidance in Education"

Working Experience

1997-2007, University of Piraeus, Director of University's Counselling Centre
1996-2007, Counselling children and families, Private Practice
1998-2005, Counselling children and youth suffering from Diabetes Mellitus type 1.

Special Positions

2007-2010, ASPETE's Erasmus Coordinator, Scientific Director of Erasmus Office

Publications

Book: Kounenou, K. (2010). *Family Counselling & Therapy. Models, New family types, Family-Work*. Athens: Papazisi

International Scientific Journals

- Koumoundourou, G., Kounenou, K., Siavara, E. (accepted for publication). Core Self-Evaluations, Career Decision Self-Efficacy, and Vocational Identity among Greek Adolescents. *Journal of Career Development*.
- Kounenou, K., Koutra, Aik., Katsiadrami, A., & Diakogianis, G. (in press/2011). An epidemiological study of university students' mental health. *Journal of College Student Development*
- Koumoundourou, G., Tsaousis, I., & Kounenou, K. (in press/1st issue 2011). Parental influences on Greek adolescents career decision making difficulties: The mediating role of Core-Self Evaluations. *Journal of Career Assessment*.
- Tsamparli, A., & Kounenou, K. (2004). The Greek family system when a child has diabetes mellitus type . *Acta Paediatrica*, 12(93), 1646-53.

Citations:

1. Sieminska, M., & Grestza E. (2008). The family of a child with cancer within the family system. *Polish Psychological Bulletin*, 39, 192-201.
2. Wennick, A., Hallstrom, I. (2007). Families live experience one year after a child was diagnosed with type 1 diabetes. *Journal of Advanced Nursing*, 60, 299-307.
3. Douzenis, A., & Lykouras L. (2008). Consultation liaison psychiatry in Greece. *Journal of Psychosomatic Research*, 64, 457-8.
4. Meunier, J., Dorby, H., & Lumiret, O., (2008). Does family cohesiveness and parental alexithymia predict glycaemic control in children and adolescents with diabetes? *Diabetes & Metabolism*, 34, 473-481. Elsevier.
5. Karen Baeriswyl (2007). Salud mental foctare psicologicos familiares en nino diabeticos tipo 1 entre los 8y los 12 anos que viven enlar region. Master thesis. Universidad de Chile.
6. Constantin, A. & Glans, M. (2006). Diabetes melity type 1 ur foraldrarnas perspektiv. Malmö University.
7. Millbrg, Y., Olsen M., Bratiloveanu, A., Hillrvia, C. (2007). Barns upplevelser av att leva med diabetes mellitus type 1. Hogskolan University.
8. Afzali, W., & Didkovskaya, M. (2010). Vi ar alltid nara dem Foraldrarnas upplevelser ar att ha ett barn med type 1 diabetes. Hogskolan University.

Tsamparli, A., & Kounenou, K. (2004). Parent-child interaction in the context of a chronic disease. *Australian & New Zealand Journal of Family Therapy*, 25(2), 74-83.

Citations:

1. G.Larner (2009). Integrative family therapy with childhood chronic illness: An ethics in practice. *Australian & New Zealand Journal of Family Therapy*.
2. Tam, Oi Kuen Wong (2009). The parentified child in a child psychotherapy: a systematic literature review of the parentified child exploring its effects on the countertransference process in child psychotherapy. Master thesis, AUT University.
3. Karin Sue Schumacher Dyke (2009). Young adults with autism transitioning to the world of work: parent perspectives. Doctorate in Special Education, University of Cincinnati.

Greek Scientific Journals:

Kounenou, K. & Koutra Aik. (2008). Exploration of emotional expression in university students: gender differences. *Tetradia Psychiatrikis, Psychology Issue*, 101, 114-123.

Tsamparli, A., & Kounenou, K. (2003). The role of mother-child relationship in glycaemic regulation difficulties in case of children with type 1 diabetes. *Child and Adolescent: Psychological Health and Psychopathology*, 5(1), 37-52.

Tsamparli, A., & Kounenou, K. (2003). The family relationships as a regulation factor of type 1 diabetes. *Pediatrici*, 66(5), 357-363.

Chapters in Greek Books (with review process)

Koutra, Aik, Kounenou, K., Katsiadrami, A., & Diakogianis, G. (in press). Group counselling intervention: comparison and assessment. *Clinical Psychology-Health Psychology: Research & Practice*. Athens: Papazissi Publications

- Kounenou, K. (2008). Diabetes type 1 regulation under the impact of family relationship: literature review. In F. Anagnostopoulos & E. Karademas (Eds.) *Contemporary Issues of Health Psychology*. Athens: Livani Publications
- Kounenou, K. & Papadaki, E. (2007). Counselling Centre of University of Piraeus. Brief description of activities/services with special reference to research projects. In M. Malikiosi-Loizou (Ed.) *Counselling Psychology: Contemporary Perspectives* (pp. 232-248). Athens: Atrapos Pub.
- Kounenou, K., & Katsiadrami, A. (2006). Victimization as a relationship factor: a case of abuse. In M. Malikiosi-Loizou, D. Sidiropoulou-Dimakakou, & G. Kleftras (Eds.), *Counselling Psychology in Women* (pp. 255-270). Athens: Ellinika Grammata.
- Kounenou, K., & Papadaki, E. (2003). Counselling Centre of University of Piraeus: Actions and ways of acting. In M. Psilla, K. Mavrigiannaki, A. Vazaiou, & O. Stasinopoulou (Eds.), Συμβουλευτικό Κέντρο Πανεπιστημίου Πειραιώς: Έκθεση δράσεων & τρόποι μεθόδουσής τους. *Individuals with Special Needs in Higher Education* (pp. 289-293). Athens: Kritiki Publ.
- Kounenou, K., & Tsamparli, A. (2002). Family & diabetes mellitus type 1. In N. Polemikos, M. Kaila, & F. Kalavasis (Eds.), *Educational, family and political psychopathology* (Vol. B', pp. 126-139). Athens: Atrapos
- Kounenou K. (2001). Family & diabetes mellitus: Interventions aiming at prevention. In A. Melidonis (Ed.), *The Prevention of Diabetes Mellitus and its complications* (pp. 297-318). Athens: Heliotypo Co. .

International Conferences' Proceedings

- Kounenou, K. (2010). Children's and adolescents' career development: the family and parental impact. *Proceedings of the Conference Kultura Pedagogiczna Wspolczesnej Rodjny (The pedagogical Culture in contemporary family)*, PWSZ, Glogow 2010, p. 99-104, Poland.
- Kounenou, K., Koumoundourou, G., & Makri-Botsari, E. (2010). The Greek school career counselors competencies and burnout syndrome. *Procedia. Social & Behavioral Sciences Journal* 2(2), 1890-1895.. Elsevier, WCES-2010.
- Kounenou, K. (2010). Exploration of the relationship among drug use & alcohol drinking, entertainment activities, and self-esteem in Greek university students. *Procedia. Social & Behavioral*

Sciences Journal, 2(2), 1906-1910.. Elsevier, WCES-2010.

- Athansoula Reppa, A., Makri Botsari, E., Kounenou, K., & Psycharis, S. (2010). School leadership innovations and creativity: The case of communication between school and parents. *Procedia- Social & Behavioral Sciences*, 2(2), 2207-2211, Elsevier WCES 2010.
- Kounenou, K., Koutra, K., (2008). *Self-esteem & academic achievement in university students*. Electronic Proceedings of the 2007 Fedora-Psyche Conference in Crete, Rethymnon.

Citation:

Giovazolias, T., Leontopoulou, S., & Triliva, S. (2010). *Assessment of Greek University students: counselling needs & attitudes*. *International Journal for the Advancement of Counselling*.

- Kounenou, K., Koutra, K., Katsiadrami, A., & Diakogiannis, G. (2007). *Anxiety and psychosomatic problems in University students*. In P. Roussi, E. Vassilaki, K. Kaniasty & J.P. Barker (Eds.), Electronic Proceedings of the 27th Conference of the STAR Society, 13-15 July 2006, University of Crete, Rethymnon (p. 82-89). www.star-society.org/
- Kounenou, K., Athanasopoulou, V., & Papadaki, E. (2005). The drop-out phenomenon in Greece. In G. Rott, C. Figueiredo Dias, J-P. Broonen (Eds), *Cognition, Motivation and Emotion : Dynamics in the Academic Environment* (p.122-132). Fedora Psyche Conference in Lisbon, 2002. Fedora-Louvain-la-Neuve. URL: elpub/bib/Uni-wuppertal.de/edocs/dokumente/zsb/fedora/conf2002/fedora02.pdf
- Broonen, J-P & Kounenou, K. (2002). Psychological models to explain/ predict first year students' success. Proceedings of 7th *Fedora Conference* (p.p. 99-102), «Fit for the future», Edinburgh, 26-29 August 2000.

Greek Conferences' Proceedings

- Kounenou, K., & Koumoundourou, G.(in press). The relationship among occupational values, personality factors and future professional choices of technological education students. Proceedings of Scientific Conference "The Education of educators in Greek secondary technological education sector", ASPAITE, December 2009, Maroussi.
- Tsamparli, A. & Kounenou K. (under publication). The psycho-emotional status of children with type 1 diabetes under the impact of parental behavior and parental defensive delineations.. *Proceedings of 9th Panhellenic Conference of Psychological Research, Rhodes, Greece*.
- Tsamparli, A., & Kounenou, K. (under publication). Diabetes

mellitus type 1 and family: a psychoanalytic perspective.
*Proceedings of 8th Panhellenic Psychological Research,,
Alexandroupoli, 2001.*

Kounenou, K. (2010). Career Counselling and globalization.
*Counselling and Guidance Review, Issue 86-87 (pp. 407-411),
Proceedings of Hellenic Conference Athens, 2009.* Ellinika
Grammata Publications

Kounenou, K., Vaina, M., Reppa, A., Papageorgiou, E.,
Makropoulos, K. (2009). The profile of ASPETE's student and
his counselling needs: a research paper. *Counselling and
Guidance Review, Issue 85-86 (pp. 277-281), Proceedings of
Hellenic Conference Athens, 2008.* Ellinika Grammata
Publications

Kounenou, K. (2001). The need for incorporation services for
university students with special needs. *Counselling and
Guidance Review, Special Issue, Proceedings of Hellenic
Conference Athens, 2000.* Ellinika Grammata Publications

Editing of Special Editions

Kounenou, K.(2003). *Ways of helping children to cope with a trauma or disaster.*
Piraeus: Special Edition of University of Piraeus

Kounenou, K. & Diakogiannis, G. (2002). *Counselling centre's interventions during
2000 & 2001.* Piraeus: Special Edition of University of Piraeus

Participation in International Conferences

Tsitsas, G., Douroukas, K., Antonopoulou, K., & Kounenou, K. (2010). Teachers'
attitudes towards gifted children. 3rd International Conference Excellence in
Education, 8-11 June 2010, Charokopio University, Athens, Greece.

Makri-Botsari, E., Athanasoula, A., & Kounenou, K. (2010). *The role of parent
and teacher acceptance in academic intrinsic motivation and achievement.*
3rd International Congress on Interpersonal Acceptance and Rejection, 28-
31 July, University of Padua, Padua, Italy.

Kounenou, K., & Koutra, K. (2006). *Self-esteem & Academic Achievement.* 13th
European Conference on Personality, 22-26 July 2006, Athens Greece.

Chatzialexiadi, P., Kounenou, K., Komboti, K., Rousou, K., Iraklianiou, S., &
Melidonis, A. (2005). *Is there any association between personality
properties and glycemic control in patients with diabetes mellitus type 1 ?*
41st European Association for the Study of Diabetes Annual Meeting,
Athens, 10-15 September 2005.

Kounenou, K. (2004). *The impact of the diabetic child's deficiency of metabolic
control on the quality of family's life.* 1st International Conference of the
Psychological Society Of Northern Greece «Quality of life and Psychology»,
Thessaloniki.

Kounenou, K. & Athanasopoulou, V. (2004). *The interconnection among students'
preferences on Entertainment, attitude towards drug-usage and levels of self-
esteem.* 1st International Conference of The Psychological Society of

Northern Greece «Quality of life and Psychology», Thessaloniki.

- Kounenou, K. (2004). *The students' estimations of the counselling center's contribution to their quality of life*. 1st International Conference of The Psychological Society of Northern Greece «Quality of life and Psychology», Thessaloniki.
- Kounenou, K., Athanasopoulou, V., Papadaki, E. (2002). *An investigation into the causes of students' drop-out in a sample of Greek University students*. Fedora Psyche Conference 2002 «Cognition, Motivation and Emotion: Dynamics in the Academic Environment», October, Lisbon
- Kounenou, K., & Papadaki, E. (2001). *Students' attitude towards drug use: The need of preventive actions in Higher Education*. 8th Annual Conference of European Counselling Association, Athens
- Kounenou, K., Mantziou, V., Papadaki, E. (2001). *Symposium: Research and empirical evidence in Counselling*, 8th Annual Conference of European Counselling Association, Athens
- Efthimiou, K., & Kounenou, K. (2001). *Assertiveness training through social skills development: results of interventions in student groups*, 8th Annual Conference of European Counselling Association, Athens
- Kounenou, K. (1999). *Building bridges between the University of Piraeus careers office and the business community*. AgCAS Biennial Conference, Building Bridges, The University of the Glamorgan, Wales.

Participation in Projects

1. 01.2008-15.09.2008. Member of scientific group and trainer of the “Distance Learning of Educators in coping with bullying”. University of Athens, Project funded by European Community
2. 26.11.2007-01.03.08 and 04.06.08 - 31.10.08. Trainer of the “Training Educators in ICT”, ASPETE-University of Athens, Project funded by European Community
3. 05.2008-30.10.2008. Scientific Director of the course «Dissertation Writing». Program of Pedagogical Training of Organization responsible for Employees' Development, University of Athens and ASPETE.
4. 01.07.2009-31.12.2010: Scientific Director (for ASPETE) of the Program «Prevention and Coping of Smoking Habit in Students». National Program for Smoking, Ministry of Health. Coordinator: University of Athens.
5. 05.2004- 2007.Scientific Director (for University of Piraeus) «Epidemiological Study of Mental Health in University Students». Program funded by British Private Company. Coordinator: University of Athens

Scientific Journals' reviewer

1. British Journal of Guidance & Counselling, Taylor & Francis Publications.
2. Contemporary Issues in Education, Papazisi Publications
3. Hellenic Journal of Psychology, North Greek Psychological Association

1984 student needs assessment summary. Unpublished Report. University of Minnesota, Student Counseling Bureau. Google Scholar.

MaÅrabact, T. S. (1989). Yurttta kalan ve kalmayan Å¼niversite Å¶Å¶rencilerinin ruh saÅ¶tÅ¶tnt etkileyen psikolojik faktÅ¶rler (Psychological factors that have an affect on mental health of students who stay in dormitories). Å¼niversite GenÅ¶liÅ¶inde Uyum Sorunlart Sempozyumu Bilimsel Å¶altÅ¶malart (Symposium of Scientific Studies on Adjustment Problems of University Youth) (pp. 177-185).Å An assessment of the personal, career, and academic needs of undergraduate students. Journal of College Student Personnel, 23, 115-122. Google Scholar. Copyright information. Student assessment is a critical aspect of the teaching and learning process. Whether teaching at the undergraduate or graduate level, it is important for instructors to strategically evaluate the effectiveness of their teaching...Å Examinations have traditionally been viewed as a gold standard of assessment in education, particularly in university settings. Like essays they can be summative or formative forms of assessment. Things to Keep in Mind about Exams. To build the ideal counselling relationship a counsellor must demonstrate a clear understanding of the principles of counselling, but also show they possess vital qualities, attributes and attitudes. Without this complete package a counselling relationship cannot develop successfully.Å It is a counsellorâ€™s responsibility to make the client feel at ease with the counselling process. Building rapport and creating a counselling relationship that uses trust as a solid foundation, is a key requirement and counsellors must also be able to demonstrate genuine, caring attributes. The Bare Essentials. A counsellor must be able to show a positive, unconditional regard for the wellbeing of a client, if a successfully progressive counselling relationship is to be formed.