

SOFIA PSARRA

Licensed Psychologist | MSc in Trauma & Disaster Management

Location: Hofweg 31 2253AJ

Voorschoten, Netherlands

Phone: (+31) 622453669

Email: sofiapsarra@yahoo.com

LinkedIn: <https://www.linkedin.com/in/sofia-psarra-72973540a>

PROFESSIONAL PROFILE

Dedicated Licensed Clinical Psychologist with over 15 years of experience providing comprehensive psychotherapeutic and psychosocial support. Certified CBT Practitioner specializing in trauma-informed care, crisis intervention, and neurodiversity (ASD/ADHD). Proven track record in conducting remote/online therapy and managing multicultural and expat clients facing transitional challenges. Combines solid academic credentials from the UK with extensive multi-agency collaboration within international frameworks.

CORE COMPETENCIES & CLINICAL SKILLS

Therapeutic Modalities: Cognitive Behavioral Psychotherapy (CBT), Trauma-Informed Care, Crisis Intervention & Anti-Bullying Strategies.

Specializations: Neurodiverse Populations (ASD, ADHD), Transitional & Relocation Stress, Anxiety Disorders.

Operational Formats: Remote/Online Therapeutic Support, Individual & Group Counseling, Personalized Treatment Plans.

Languages: English (C2 – Proficient), Greek (Native), Dutch (A1/A2 – Self-study).

PROFESSIONAL EXPERIENCE

Deputy Psychologist | Committee for Evaluation & Support of Interdisciplinary Education (EDY), Patras, Greece (2024 – 2026)

- Provided interdisciplinary support, diagnostics, and counseling in public schools.
- Developed individualized support plans for students with special needs to foster inclusive environments.

Active Partner / Participant | UNICEF Safe Schools Alliance Program (2026)

- Collaborated with teachers and parents within international frameworks for school safety and crisis mitigation.

Psychologist | General Hospital for Children of Patras “Karamandaneio”, Greece (2021 – 2024)

- Delivered specialized clinical services, crisis counseling, and trauma management for children and adolescents.

Psychologist | University of Patras (Social Care of Students), Greece (2020)

- Provided mental health counseling to university students, focusing on vulnerable groups.

Psychologist | Speech-Occupational Therapy Center, Ksilokastro, Greece (2019 – 2021)

- Provided therapeutic counseling and behavioral intervention for children with autism, ADHD, and developmental difficulties.

Psychologist /Special Schools & Diagnostic Centers (Lakonia, Patras) (2015-2020)

- Provide interdisciplinary support, diagnostics, and counseling in public schools.
- Develop individualized support plans for students with special needs to foster inclusive environments.
- Conducted clinical assessment, psychotherapy, and parental counseling.

Psychologist (Self-Employed / Private Practice) | Patras, Greece (September 2006 – July 2015)

- Conducted clinical assessment, psychotherapy, and parental counseling

Psychology Professor | Cyprus College & A.T.E.I. of Patras (Nursing School) (October 2004 – June 2009):

- Taught Health Psychology to undergraduates.

Therapeutic Consultant | Social Service of Lincolnshire, United Kingdom (July 2002 – October 2003)

- Served as clinical consultant and case manager for individuals with severe psychological disorders and complex learning difficulties.

EDUCATION & TRAINING

MSc in Trauma and Disaster Management | Lincoln University, United Kingdom (2001-2003)

AQA in counseling, Lincoln University, United Kingdom (2002-2003)

BSc (Hons) in Psychology | Lincolnshire Humberside University, United Kingdom (1998-2001)

Postgraduate Certificate in Cognitive Psychotherapy (CBT) | Patras Mental Health Center, Greece (2004-2006)

Postgraduate Certificate of Educational Competence (Pedagogical Proficiency) | ASPAITE, Greece (2023-2024)

Postgraduate Certificate in Special Education and Training | University of Patras, Greece. (2024-2025)

Certification of completion 48-hour asynchronous online training program titled: “Prevention and Management of School Violence and Bullying Incidents” The program was implemented by the Institute of Educational Policy of the National and Kapodistrian University of Athens.

SELECTED PUBLICATIONS & PRESENTATIONS

2026 (Upcoming): Peer-reviewed article in Mentor Magazine on intra-school violence.

2025: Keynote Speaker on “Intra-school violence and bullying among students with Special Educational Needs” – National Scientific Conference.

REFERENCES

Vasiliki Giordasy, High School Principal (6th High School of Patras)

Chariklia Pitsou, PhD, Scientific Director of the Program “Alliance for Safe Schools”

