

# Smaroula Pandelis

## Curriculum Vitae

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### Studies

1971-1977	Italian School of Athens - 6year Gymnasium
1981	Deree College: Bachelor of Arts, Psychology Major
1982	University of Surrey, England: Master of Science in Medical Psychology
1991	University of Surrey: Ph.D. in Psychology
1986-1995	Hollwell Centre of Psychodrama and Sociodrama, England: Studies on Action Methods in Group Therapy
1995-1996	University of Athens, School of Philosophy, Psychology section, recognition of studies abroad
2001-2007	London Institute of Psychodrama, Diploma of Psychodrama and Group Psychotherapy

### Theses titles

M.Sc. Thesis	Individual Differences and Electromyographic Feedback in Frontalis Muscle: A Double Blind Experiment.
Ph.D. Thesis	The Development of Adolescents in Greece as Compared with England and U.S.A.: A Cross-Cultural Study on Self Esteem

Scientific conference  
presentations/Publications

Rigatos G. & Pandelis S. (1982). Study of external, internal and repressed aggression in cancer patients with the use of Rosenzweig Picture-Frustration Study. Oral presentation, the 8<sup>th</sup> Greek Annual Medical Symposium.

Rigatos G., Katsenis A., Pandelis S. & Dontas N. (1984). Research on socio-psychological factors in cancer patients. Oral presentation, the 9<sup>th</sup> Greek Annual Medical Symposium.

Rigatos G., Katsenis A., Pandelis S. & Dontas N. (1984). Research on socio-psychological factors in cancer patients. *Greek Oncology*, 20, p.p. 233 - 346.

Kondylis, Emmanuel, Pandelis S., Sfakianakis M. E. and Prokopiou D., "Burnout and Emotional Intelligence in Greek Employees". In: *Human Perspectives in the Internet Society: Culture, Psychology and Gender*, K.Morgan, J. Sanchez, C.A. Brebbia and A. Voiskounsky (eds), WIT Press, 2004.

Pandelis Smaroula & Kondylis E. (2007). The use of interactive methods and role playing as a teaching approach in Leadership courses for MBA in Tourism students at the University of Piraeus. Oral presentation, 1<sup>st</sup> Greek Symposium of Drama Therapy and Play Therapy.

Pandelis Smaroula, Vlahos I., Rogari M. (2007). The synergistic effect of psychodrama and group analysis in the creation of a therapeutic atmosphere in a short term group: a pilot study. Oral presentation, 1<sup>st</sup> Greek Symposium of Drama Therapy and Play Therapy.

Smaroula Pandelis (2008) "Action methods and the use of sociodrama in classroom as a teaching method of leadership to postgraduate MBA students", poster presentation at the annual British Psychodrama and Sociodrama Conference, Liverpool, England.

## Books

- 1996 Pandelis Smaroula. Peri's adventures. Athens: Ellinika Grammata.  
(*A story on prevention against drug abuse for the first Elementary School class of students*)
- 1999 Rasidaki Christine & Pandelis S. Success in the first place: How to win the game at school. Athens: Ellinika Grammata.  
(*A self help book for adolescent students*)
- 1999 Pandelis Smaroula. Psychodrama: An action therapy. In: Contemporary psychotherapies in Greece. P.p.: 483-498, Athens: University of Indianapolis Athens Press.
- 2000 Pandelis Smaroula & Kotti Sophia. If you have your blues, pick a card. Athens: Ellinika Grammata.  
(*A self help box with cards for depressed people*)
- 2000 Pandelis Smaroula & Kotti Sophia. To bring some magic in your relationship, pick a card. Athens: Ellinika Grammata.  
(*A self help box with cards for couples under therapy*)
- 2002 Pandelis Smaroula. My cat, Julia. Athens: Ellinika Grammata.  
(*A teaching story on Emotional Intelligence for children of the first classes of Elementary School*)
- 2003 Pandelis Smaroula. Zoza and the Santa Claus assistants. Athens: Ellinika Grammata.  
(*A Christmas teaching story on tolerance and containing people with special abilities*)
- 2004, 2005, 2006 Pandelis Smaroula, Kotti S. Diary of emotional intelligence. Athens: Mikri Militos
- 2005 Pandelis Smaroula, Papadopoulou L. The war with the fridge. Athens: Taxideftis

- (a self help psychology book for people with dietary problems)
- 2005, 2006 Pandelis Smaroula. The leader's diary. Athens: Taxideftis.
- (thematic diary for managers)
- 2006, 2007 Pandelis Smaroula. The diary of happiness. Athens: Minoas.
- 2006, 2007, 2008 Pandelis Smaroula. The diary of success. Athens: Minoas
- 2007, 2008 Pandelis Smaroula. The diary of attractive women. Athens: Minoas.
- 2009 Pandelis Smaroula. The diary of well living. Athens: Minoas.
- 2009 Pandelis Smaroula. I like myself: a book on self esteem. Athens: Taxideftis.

#### Books in press

Pandelis Smaroula. A book on team building. Athens: Kritiki.  
*(A practical psychological guide for people who lead teams)*

#### Articles

- 1987-1997 Author of the psychological article in the monthly journal for the insurance world "NAI"
- 1985-2008 Articles in various Greek newspapers (Sunday Vima, Nea, Eleftherotipia, Kathimerini, Ethnos, Apogevmatini, Eleftheros Tipos).  
 Articles in various monthly and weekly magazines (Ena, Ikones, Mia, Gynaika, Vita, Elle, VOUTRE BEAUTE, To Pedi Mou Ki Ego, Pedi Ke Nei Gonis, Symvuleftiki, Nea Minimata of the Greek Guide Association.

#### Scientific and professional work

- 1983-2009 Free lancer psychologist / psychotherapist:  
 Personal and group therapy  
 Psychodrama

- Hypnosis  
Stress management
- 1991-2009 Director of Hellenic Institute of Communication and Human Relations
- 1991 - 1994 Weekly appearance on TV Channel ANT1 in the morning program discussing psychological issues and human relations.
- 1998 (July) Daily radio program with "SKY" on psychological issues.
- 1986-2009 Working with the following companies by running workshops regarding:  
Emotional Intelligence  
Counseling in Management  
Team Building  
Leadership  
Creative Leadership  
Positive Thinking and Positive Visualization  
Time Management  
Stress Management  
Assertiveness training  
Mentoring - Coaching
- Companies:  
AGROTIKI INSURANCE, ALICO, ALLIANZ, ASPIS PRONIA, ASTIR, BRISTOL MAYER SQUIB, CONTINENTAL, GREEK BUS COMPANY, GENERALI, INTERAMERICAN, METROLIFE, NATIONALE NEDERLANDEN, PROCTER AND GAMBLE, SCOP LIFE, SIEMENS, SWEITZ.
- 1984-2008 Parents and teachers workshops at:  
Athens College, Psychico College, Ziridis Schools, Mary Argiri - Lemou Nursery School, Popi Pappa Nursery School.
- 2002-2009 Visiting Lecturer at Piraeus University teaching Leadership, Emotional Intelligence and Organizational Psychology to undergraduate Management School students and postgraduate M.B.A. in Tourism students.

2005 - 2007 Teaching at the program of Organizational Consultants Training of the Hellenic Organization of Psychotherapy and Education in Group Analysis.

Member of the following scientific organizations and associations:

1975-2003	Greek Adlerian Society
1982-1990	British Psychological Society
since 1982	Association of Greek Psychologists
since 1987	British Psychodrama Association
since 1992	Hellenic Psychological Society
since 2004	International Association of Group Psychotherapy and Group Processes

Social voluntary work:

1967-2004	Member of the Greek Guide Association (2000-2003 Group leader of teenage guide group - 2002 Commissioner in the Athens region)
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Foreign languages

English (high level), Italian (teacher's diploma)

Hobbies and activities

Mountain trekking (member of the Hellenic Mountaineer Association of Athens since), sailing (diploma of mastering a sailing ship in open sea), music (guitar, piano, classical singing in amateur level), theatre (playback conductor and actor).