



Dina Mousteri

Teaching Associate

DESS, Registered Supervisor,
UKCP registered Psychotherapist.

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Profile

Dina Mousteri, (DESS University of Lyon), is a Clinical Psychologist, Clinical Supervisor and Systemic Psychotherapist registered with the United Kingdom Council of Psychotherapists (UKCP). She is also a member of the following registration bodies:

European Family Therapy Association (EFTA-CIM),

Association of Family Therapists (UK)

European Association of Psychotherapists (EAP)

Taos Institute (USA) - she holds the title of Professor and Supervisor in Collaborative Dialogical Practices from Houston Galveston Institute and Taos Institute (USA).

She is a founding member of the Cyprus Society of Family Therapy (CySoFT), which she served as President 2007-2013. She was also a founding member of the Movement for Rehabilitation and Promotion of Mental Health, a founding member and first President of the Pancyprian Collective (*unsure*) of Organizations for Mental Health, a founding member of the Cyprus Society for Systemic Study, and a founding member of the Cyprus Society of Psychologists.

She worked in the public sector Psychiatric Services (1979- 2011) as Clinical Psychologist, Clinical Supervisor, Training Coordinator for the Continual Professional Development (CPD) of psychiatric services professionals of the Ministry of Health. From 2010-2011 she was also the General Coordinator of Supervision and Clinical Practice of Psychologists.

Her contribution towards the attainment of the goals and training objectives in the field of Systemic Psychotherapy in public sector Mental Health services:

From 2006 until her retirement in December 2011, she was the Director-Coordinator of the Center for Individual and Family Psychotherapy, where she was also involved in the training and supervision of professional and therapy groups. Her work applied the general principles of Counselling and Psychotherapy.

She has also collaborated with Kensington Consultation Center Foundation, London (KCCF), and was the local trainer of the MSc Systemic Psychotherapy, which was organized by the CySoFT in partnership with KCCF, the University of Bedfordshire, and the University of Nicosia.

Since 2010 she has dedicated herself to educating Trainees in the Brief Systemic Dialogical Model (BSDT) which she designed and developed herself.

As of January 2012 she maintains private practice as a Clinical Psychologist, Supervisor, and Psychotherapist, working with individuals, couples and families.

From October 2013 she is the Director of the training program which is organized by the Cyprus Brief Systemic Dialogical Therapy Institute, a registered company that she founded.

1. Education and CPD				
Degrees and Diplomas	Year	Awarding University/Institution	Department	Thesis title
Professor and Supervisor in Collaborative-Dialogic Practices	2016	Houston Galveston Institute and The TAOS Institute		Comparison between the Collaborative approaches and the Brief Systemic Dialogical Therapy (BSDT)
Certified Specialist in Brief individual and Family Psychotherapy (UKCP Registered)	1994-1998	Tavistock Clinic, London United Kingdom Council of Psychotherapy		
Postgraduate training in Psychotherapy	1987-1995	Recognized training Institutes in Milan, London, New York and Toulouse.		
Diplome d' Etudes Superieures Specialisees (DESS)	1978	University of Lyon 2	Humanistic Studies	Speciality in Clinical Psychology and Practicum Psychopathology
Postgraduate studies in Clinical Psychology	1975	University of Lyon 2	Humanistic Studies	Clinical Psychology
Undergraduate degree in Psychology	1974	University of Lyon 2	Humanistic Studies	

2. Qualifications / Skills		
Type	Description	Level
I.T.	Word, Excel, PowerPoint, Internet	Excellent
Languages	English	Excellent
	Greek	Excellent
	French	Excellent

3. Employment				
Dates of Employment		Employer	Function	Position
<i>From</i>	<i>To</i>			
2017	present day	Church of Cyprus School of Theology	Teaching of Counselling Psychology	Scientific Collaboration

2017	present day	The “Hope For Children” Organization	Supervision of the staff at the “Home for Children”	
2017	present day	Educational Psychology Services of the Ministry of Education	Scientific Supervision of Educational Psychologists	
2017	present day	Committee for the Protection of the Rights of People with Intellectual Handicaps – Ministry of Labour	Supervisor of Psychologists in the Early Intervention Team	
2016	present day	Center for Personal Development and Psychotherapy Employer	Trainer on the Four Year Programme in Systemic Psychotherapy	
2013	present day	Cyprus Institute of Brief Systemic Dialogical Therapy (registered company)	Programme Trainer	Founder, Director and Programme Trainer
2012	present day	University of Nicosia, Department of Psychology	Clinical Psychology Practicum Supervisor	Scientific Collaborator
2012	2016	University of Cyprus, Department of Psychology	Clinical Psychology Practicum Supervisor	Scientific Collaborator
1979	2011	Ministry of Health Psychiatric Services	Clinical Psychologist/Supervisor, Director of the Center for Individual and Family Therapy, Continued Professional Training Coordinator for the Psychiatric Services.	Permanent, Full-time, Employment

4. Scholarships and Awards

1995	Scholarship from the French Government for training in Family Therapy and Supervision, (Paris and Toulouse).
1992	Scholarship from the Fulbright Commission for training in Family Therapy and Supervision (New York, Washington and Boston).
1987	Scholarship from the British Council for training in Family Therapy and Supervision (London).
1976-1978	Scholarship from the French government (Alliance Française) for postgraduate studies Diplôme d'Etudes Supérieures Spécialisées (DESS).

5. Teaching Experience

2017	Church of Cyprus , Theology School	Teaching Counselling Psychology
2016-2017	Cyprus Brief Systemic Dialogical Therapy Institute (BSDT)	Creator and Trainer on short intensive programmes of the Brief Dialogical Therapy Model
2016	Center for Personal Development and Psychotherapy	Trainer on the 4-year Systemic Psychotherapy programme
2014-2015	BSDT Institute in collaboration with the University of Nicosia	Creator and trainer of intensive short courses based on the BSDT model. Cyprus Society of Family Therapy in collaboration with the University of Nicosia
2012-2013	Cyprus Society of Family Therapy in collaboration with the University of Nicosia	Creator and Trainer of short intensive courses based on the BSDT model
2011	Pancyprian Association of Psychologists	Member of the training staff for the Programmeç: "Systems Psychology", "Community Psychology: the Psychologists and the prevention of substance abuse"
2010-2011	Mental health Services Center for Individual and Family Therapy	Creator and trainer on the 2-year programme titled:" Basic Principles in Brief Psychotherapy and the Therapeutic Dialogue, for Mental Health Professionals"
2010-2011	KCC Foundation in collaboration with Bedfordshire University and the Cyprus Society of Family Therapy (SySoFT)	Collaborator – Trainer on the Postgraduate Programme in Systemic Therapy
2006-2011	Mental Health Services Center for Individual and Family Therapy	Responsible for Teaching, Training, and Supervision of Mental Health Professionals in Psychotherapy.
2004-2011	Mental Health Services	Teaching Psychology and Psychotherapy to the Trainees in Psychiatry and Psychology

2004-2011	Cyprus Academy of Public Health Management in cooperation with the Mental Health Services	Coordinator of Learning and Evaluation of need and planning of training for Mental Health Professionals.
1994-1998	Institute of Family Therapy of the Tavistock Clinic, in collaboration with the Cyprus Mental Health Services	Coordination, Organization and Training in parts of the Systemic Family Therapy program

6. Administrative Duties

2013 - currently	Cyprus Brief Systemic Dialogical Therapy Institute (registered Company) Founder, Director, Trainer,
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7. Membership of Professional Bodies

Member of EAP (European Association of Psychotherapy) since 2014
Member of the TAOS Institute – since 2013
Member of EFTA – CIM (European Family Therapy Association – Chamber of Individual Members) since 2012
Founding member (2001) and President (2007-2013) of the Cyprus Society of Family Therapy, which is the national representative of the European Family Therapy Association in Cyprus.
Member of the Association of Family Therapists (UK) since 1998.
Founding member (1982) and Honorary President of the Movement for Rehabilitation and Promotion of Mental Health (2008)
Founding member and first President of the Pancyprian Collective of Mental Health Organizations
Founding member and member of the governing committee of the International Peace Center «EPEYNA»
Founding member of the Cyprus Peace Center.
Founding member of the Cyprus Society of Systemic Study
Founding member Association of Psychologists, Cyprus

8. Research Programmes-Sponsorships-Contributions

Basic principles and skills in Brief Psychotherapy and the Therapeutic Dialogue	Quantitative and Qualitative Evaluation of International Training Programs for Mental Health Services professionals entitled, “Basic Principles and Skills in Brief Psychotherapy and Therapeutic Dialogue”.
The “Technical School Project”	An Application of the process of Systemic Consultation (David Campbell) from December 1995 to September 1996, for the purposes of the committee for controlling violence and anti-social behaviours in the Nicosia Technical School. The findings were presented at the 2 nd Conference of the Cyprus Psychiatric Association in March 1997.
Interpersonal and Intergroup communication	Training in the field of disagreement and conflict resolution between individuals and groups and general issues concerning interpersonal and Intergroup communication. Awarded the title of Trainer in Conflict Resolution in 1994.
Psychiatric reform and Mental Health	Development of intensive internal-service and external –service activities and the foundation of the voluntary organization “Movement for Psychiatric Reform and Rehabilitation of people with mental health problems”.
Development of the Brief Systemic Dialogical Therapy model (BSDT)	The focus of interest at the present stage is the application of Dialogue based on the philosophy of the BSDT model, for the resolution of problems pertaining to various contexts affecting individuals, couples, families, other groups, social systems and organizations.

9. Publications

A: Books/Monographs.

- Mousteri, D. (2015): Constructing preferred realities: in Pluralism in Psychiatry II, Medimond Publishing Co, pp.93-97.
- Mousteri, D.(2013): Brief Therapy through Dialogue: The Brief Systemic Dialogical Model: in Human Systems: The Journal of Therapy, Consultation & Training, Volume No. 24, 2013, pp. 65-75
- Mousteri, D. and Demosthenous, C.: Doing Brief Therapy through the art of Dialogue: a training model for clinicians; Oral presentation. XVIII European Congress Psychotherapy: ImprovingMental Health and Emotional Wellbeing in Europe, Valencia, 4th – 7th July 2012
- Mousteri, D.(2011): Official Report for the Educational program “ Basic Principles and Skills in Brief Psychotherapy and the Therapeutic Dialogue: Analytical Description and Evaluation.” Mental Health Services, Nicosia.

B: Other Presentations (Dissertations, Theses, Invited Speeches)

- Mousteri, D. “The Meaning and Principles of Therapeutic Dialogue from the perspective of Social Constructivism.” Cyprus Society of Family Therapy, Nicosia, 20/11/2010
- Mousteri, D. (2010). “Aggression and Separation Difficulties: The Therapeutic handling of violence from children towards parents within the context of the family.” 4th Panhellenic conference in Systemic Therapy titled: “Social Intervention in the modern time: Drugs,

Abuse and Violence in human systems.” Society of Systemic Therapy and Intervention, Iraklion, 30 April-2 May 2010.

- Mousteri, D. (2010). Aggressive children and young adults against their parents: The “struggle” for liberation (2010). International Psychiatric Conference titled: “From adolescence to Adulthood: Normality and Psychopathology”, Psychiatric Association Cyprus, Larnaca 9-12 September 2010.
- Mousteri, D. (2005). Modern Systemic Therapies: Introduction to the Systemic Narrative Approach. Scientific seminar 9-10 April 2005, Cyprus Society of Family Therapy.
- Mousteri, D. (2004). “Modern Conflicts in Family Relationships”. 7th Pancyprrian Conference KENDEA, Paphos, 20-21 March 2004.
- Mousteri, D. (2003). “The evolution of Systemic Thought and its impact on Psychotherapy”. 1st Scientific seminar of the Cyprus Society of Family Therapy.
- Mousteri, D. (1999). “The influence of Systemic and postmodern Thought on clinical therapeutic practice: The application of an Integrated model of Systemic Psychotherapy in the Cypriot Mental Health Services.” 7th Panhellenic Conference of Psychological Research. University of Cyprus, Nicosia, 25-28 March.
- Mousteri, D and Argyriou, A. (1997). “From the Individual to wider systems: the evolution of psychotherapy in the Cypriot Mental Health Services”. 2nd Conference of the Cyprus Psychiatric Association, Nicosia.
- Mousteri, D. (1996). “ The Cypriot family and the issue of individuality.” 8^o World Conference of the International Family Therapy Association - I.F.T.A, Athens.
- Mousteri, D. (1988). “The development of Family Therapy in Cyprus”. 6th International Symposium of Psychotherapists, Sofia.