



Dina Mousteri
D.E.S.S., Registered Clinical Psychologist and
Supervisor,
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Profile

Dina Mousteri, (DESS University of Lyon), is a Clinical Psychologist, Clinical Supervisor and Systemic Psychotherapist.

She is a member of a number of professional and licensing bodies, such as: -

- United Kingdom Council of Psychotherapists (UKCP)
- European Family Therapy Association (EFTA-CIM)
- Association of Family Therapists (UK)
- European Association of Psychotherapists (EAP)
- Taos Institute (USA)
- Pancyprian Association of Psychotherapists (PAP)

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

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

She worked within the government Mental Health Services from March 1979 to December 2011 as Clinical Psychologist, Clinical Supervisor and Training Coordinator for the Continuing Professional Development (CPD) of public mental health professionals.

From 2010-2011 she was the General Coordinator of Supervision and Clinical Practice of Psychologists.

She contributed significantly to the promotion and training in Systemic Psychotherapy in many ways: -

- From 2006 until her retirement in December 2011 she was the Director and Scientific Coordinator of the Center for Individual and Family Psychotherapy where she was also involved in training and supervision of professionals and interdisciplinary teams based on the general principles of Counselling and Psychotherapy.
- She also collaborated with Kensington Consultation Center Foundation, London (KCCF), and was the local trainer of the MSc Systemic Psychotherapy course which was organized by 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 herself created and developed.
- Since January 2012 Ms. Mousteri has been working in private practice as a Clinical Psychologist, Supervisor, and Psychotherapist working with individuals, couples and families. In October 2013 she founded the Cyprus Brief Systemic Dialogical Therapy Institute (BSDT), which is a registered company, and is the Director of the training programs in the BSDT approach.

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) approach.
Accredited training in Brief individual and Family Psychotherapy (UKCP Registered)	1994-1998	Tavistock Clinic, London. United Kingdom Council of Psychotherapy		
Postgraduate training in Psychotherapy	1987-1995	Internationally recognized training Institutes in Milan, London, New York and Toulouse.		

Diplôme d'Etudes Supérieures Spécialisées (D.E.S.S)	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	1974	University of Lyon 2	Humanistic Studies	Psychology

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

3. Employment				
Dates of Employment		Employer	Function	Position
From	To			
18/01/2019	2/10/2020	Christou Steliou Ioannou Foundation	Supervisor of multi-disciplinary team	External Supervisor
2017	2022	Committee for the Protection of the Rights of People with Intellectual Handicaps – Ministry of Labour	Supervisor of Psychologists in the Early Intervention Team	External Supervisor
2017	2019	Educational Psychology Services of the Ministry of Education	Scientific Supervision of Educational Psychologists	External Supervisor

2016	2017	Centre for Personal Development and Psychotherapy	Trainer on the Four-Year Programme in Systemic Psychotherapy	Member of the teaching staff
2013	The present day	Cyprus Institute of Brief Systemic Dialogical Therapy	Trainer	Founder, Director and Trainer
2012	2017	University of Nicosia, Department of Psychology	Clinical Psychology Practicum Supervisor	External Practicum Supervisor
2012	2016	University of Cyprus, Department of Psychology	Clinical Psychology Practicum Supervisor	External Supervisor
1979	2011	Public Mental Health Services	Clinical Psychologist/Supervisor, Director of the Center for Individual and Family Therapy, Continuing Professional Training Coordinator for the Mental Health Services.	Permanent, full-time employment

4. Scholarships

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, for: Diplôme d'Etudes Supérieures Spécialisées (D.E.S.S.).

5. Teaching Experience

February 2022 to the present day	Systemic Institute of Cyprus, Scientific Coordinator and member of teaching staff for the 4-year training programme in Systemic Therapy accredited by EAP and EFTA	Integration of Theory and Practice for the Trainees Practicum, Annual Evaluation of students, Organize students' Practicum.
2018-2020	Cyprus Brief Systemic Dialogical Therapy Institute	Creator and Trainer for 2-year Certificate course in the Brief systemic Dialogical Therapy model.
2017 to the present day	Church of Cyprus, School of Theology	Teaching Counselling Psychology
2016-2017	Cyprus Brief Systemic Dialogical Therapy Institute (BSDT)	Creator and Trainer of 3-month intensive programmes of the Brief Dialogical Therapy Model
2016 -2017	Centre for Personal Development and Psychotherapy	Trainer for the 4-year Systemic Psychotherapy programme
2014-2015	BSDT Institute in collaboration with the University of Nicosia	Creator and trainer of intensive 3-month courses based on the BSDT model.
2012-2013	Cyprus Society of Family Therapy in collaboration with the University of Nicosia	Creator and Trainer of 3-month intensive courses based on the BSDT model.
2011	Pancyprian Association of Psychologists	Member of the training staff for the Programme: "Systems Psychology" within the context of the Community Psychology programme "Psychologists and the prevention of substance abuse"
2010-2011	Public Mental health Services. Centre 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 (CySoFT)	Collaborator – Trainer on the MSc Programme in Systemic Therapy
2006-2011	Public Mental Health Services Centre for Individual and Family Psychotherapy	Responsible for Teaching, Training, Supervision of Mental Health Professionals in topics related to Psychotherapy.
2004-2011	Public Mental Health Services	Teaching Psychology and Psychotherapy to the Specialising Trainees in Psychiatry and Clinical Psychology
2004-2011	Cyprus Academy of Public Health Management in cooperation	Learning Coordinator, evaluation of needs and planning of training for Mental Health Professionals.

	with the Public Mental Health Services	
1994-1998	Institute of Family Therapy at the Tavistock Clinic, in collaboration with the Cyprus Public Mental Health Services	Member of the organizing of training Committee of the Systemic Family Therapy programme. Local trainer.

6. Managerial Administrative Duties

2013 - to the present day	Cyprus Brief Systemic Dialogical Therapy Institute (registered Company). Founder, Director, Trainer.
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7. Membership of Professional Bodies and NGO'S.

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 former President (2007-2013) of the Cyprus Society of Family Therapy (CySoFT) 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 former President of the Pancyprian Federation of Mental Health Organizations
Founding member and member of the governing board of the EREVNA International Peace Centre.
Founding member and former member of the Cyprus Peace Centre.
Founding member and former member of the Cyprus Society of Systemic Study
Founding member and former member of the 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 the 2-year Training Programme for Mental Health Services professionals titled: “Basic Principles and Skills in Brief Psychotherapy and Therapeutic Dialogue”
The “Technical School Project”	An Application of Process Systemic Consultation (David Campbell) from December 1995 to September 1996 for the committee for controlling violent and anti-social behaviours in the Nicosia Technical School. The findings were presented at the 2 nd Conference of the Cyprus Psychiatric Society in March 1997.
Interpersonal and Intergroup communication	Trained in the field of problem solving and conflict resolution between individuals and groups and also interpersonal and intergroup communication. Awarded the title of Trainer in Conflict Resolution in 1994
Psychiatric reform and Mental Health	Development of intensive intra-service and extra –service activity, for the sensitization of the general public, as part of the movement for Psychiatric Reform and Psycho-social rehabilitation of people with mental health problems. Foundation of the NGO: “Movement for Promotion and Rehabilitation of Mental Health”.
Development of the Brief Systemic Dialogical Therapy model (BSDT)	The focus of interest at the present stage is on the applications of Dialogue, based on the philosophy of the BSDT model, within a wide variety of contexts regarding individuals, couples, families, other groups and social systems and organizations in order to work through problems and conflicts.

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. (2011): Official Report for the Educational Programme “Basic Principles and Skills in Brief Psychotherapy and the Therapeutic Dialogue: Analytical Description and Evaluation”. Public Mental Health Services, Nicosia.

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

- Mousteri, D.: The enhancement of personal agency in the context of the training program in Brief Systemic Dialogical Therapy BSDT; Oral Presentation. 10th Conference of the European Family Therapy Association EFTA: Visible and Invisible: Bordering Change in Systemic Family Therapy. Naples, 11th- 14th September 2019. (In Greek)
- Mousteri, D. and Demosthenous, C.: Doing Brief Therapy through the art of Dialogue: a training model for clinicians; Oral presentation. XVIII European Congress Psychotherapy: Improving Mental Health and Emotional Wellbeing in Europe, Valencia, 4th – 7th July 2012.
- Mousteri, D. “The Concept and Principles of Therapeutic Dialogue from the perspective of Social Constructionism.” Cyprus Society of Family Therapy, Nicosia, 20/11/2010 (In Greek)
- Mousteri, D. (2010). “Aggression and Separation Difficulties: The Therapeutic handling of violence of children against 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, 30th April-2nd May 2010. (In Greek)
- 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 9th-12th September 2010. (In Greek)
- Mousteri, D. (2008). Crisis and reconstruction: challenges and dilemmas in psychotherapy of psychosis. 3rd international conference of the Cyprus Psychiatric Association, Nicosia, 19th-22th June 2008.
- Mousteri, D. (2005). Modern Systemic Therapies: Introduction to Systemic Narrative Approach. Scientific 2-day seminar 9th-10th April 2005, Cyprus Society of Family Therapy. (In Greek)
- Mousteri, D. (2004). “Conflicts in Family Relationships.” 7th Pancyprian Conference KENTHEA, Paphos, 20th-21st March 2004. (In Greek)

- Mousteri, D. (2003). "The evolution of Systemic Thinking and its impact on Psychotherapy." 1st Scientific Conference of the Cyprus Society of Family Therapy. (In Greek)
- Mousteri, D. (1999). "The influence of Systemic and Postmodern Approach 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, 25th-28th March. (In Greek)
- Mousteri, D and Argyriou, A. (1997). "From the Individual to wider systems: the evolution of psychotherapy in the Cyprus Mental Health Services". 2nd Conference of the Cyprus Psychiatric Association, Nicosia. (In Greek)
- Mousteri, D. (1996). "The Cypriot family and the issue of individuality." 8th 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.