



## **Dina Mousteri**

Teaching Associate

DESS, Registered Supervisor,  
UKCP Registered Psychotherapist.

### **Theological School of the Church of Cyprus**

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## **Profile**

Dina Mousteri, (DESS University of Lyon), is a Registered Clinical Psychologist, Clinical Supervisor and UKCP Accredited Systemic Psychotherapist. She is also a member of the following international professional bodies related to Psychotherapy:

- European Family Therapy Association (EFTA-CIM),
- Association of Family Therapists (UK)
- European Association of Psychotherapists (EAP)
- The TAOS Institute.

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

She contributed significantly to the promotion of Systemic Family Therapy within the Mental Health Services and the community as a whole and she was a founding member of the Cyprus Society of Family Therapy (CySoFT), in which she served as President in 2007-2013. She was also a founding member of the Movement for Rehabilitation and Promotion of Mental Health, and a founding member and first President of the Pancyprian Federation of Organizations for Mental Health.

She worked in the Cyprus Mental Health Services (Public Sector) in 1979- 2011 as Clinical Psychologist, Clinical Supervisor and Training Coordinator for the Continuing Professional Development (CPD) for all professional specialties working within the Cyprus Mental Health Services. From 2010-2011 she was also the General Coordinator of Supervision and Clinical Practice of Psychologists.

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

She has also collaborated with Kensington Consultation Center Foundation London (KCCF) until it closed in 2010. She 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 her retirement from the Services in 2011 she is dedicated to teaching and applying the Brief Systemic Dialogical Model (BSDT) which she designed and developed herself. Between 2013 and 2020 she has organized a series of formal training programs in the context of the Cyprus Brief Systemic Dialogical Therapy Institute, a registered company that she founded.

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

<b>1. Education and CPD</b>				
<b>Degrees and Diplomas</b>	<b>Year</b>	<b>Awarding University/Institution</b>	<b>Department</b>	<b>Thesis title</b>
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)
UKCP Accredited Psychotherapist, specializing in Brief individual and Family Psychotherapy	1994-1998	Tavistock Clinic, Family Therapy Department London		
Postgraduate training in Psychotherapy	1987-1995	Certified courses by 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	
<b>1. Qualifications / Skills</b>				
<b>Type</b>	<b>Description</b>		<b>Level</b>	
I.T.	Word, Excel, PowerPoint, Internet		Excellent	
Languages	English		Excellent	
	Greek		Excellent	
	French		Excellent	

<b>1. Employment</b>				
<b>Dates of Employment</b>		<b>Employer</b>	<b>Function</b>	<b>Position</b>
<i>From</i>	<i>To</i>			

2017	present day	Theological School of Church of Cyprus	Teaching of Counselling Psychology	Teaching Associate
2020	2024	Systemic Institute of Cyprus	Involved in teaching and organization of the 4-year training program in systemic psychotherapy	Scientific Coordinator - Lecturer
2017	2021	The “Hope for Children” Organization	Supervision of the staff at the “Home for Children”	
2017	2020	Educational Psychology Services of the Ministry of Education	Scientific Supervision of Educational Psychologists	
2017	2022	Committee for the Protection of the Rights of People with Intellectual Handicaps – Ministry of Labor	Supervisor of Psychologists in the Early Intervention Team	
2016	2018	Center for Personal Development and Psychotherapy Employer	Trainer on the Four-Year Program in Systemic Psychotherapy	
2013	present day	Cyprus Institute of Brief Systemic Dialogical Therapy (registered company)	Program Trainer	Founder, Director and Program Trainer
2012	2020	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	Mental Health Services Ministry of Health	Clinical Psychologist/Supervisor, Director of the Center	Permanent, Full-time, Employment

		Psychiatric Services	for Individual and Family Therapy, Coordinator for Professionals' CPD in the Psychiatric Services.	
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## 2. Scholarships and Awards

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

## 3. Teaching Experience

<b>2020-2024</b>	Systemic Institute of Cyprus	Lecturer in the 4-year Systemic Psychotherapy Course
<b>2017-present day</b>	Theological School of Church of Cyprus.	Teaching Counselling Psychology
<b>2016-2017</b>	Cyprus Brief Systemic Dialogical Therapy Institute (BSDT)	Creator and Trainer on short intensive programmes of the Brief Dialogical Therapy Model
<b>2016 -2018</b>	Centre for Personal Development and Psychotherapy	Trainer in the 4-year Systemic Psychotherapy programme
<b>2014-2015</b>	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
<b>2012-2013</b>	Cyprus Society of Family Therapy in collaboration with the University of Nicosia	Creator and Trainer of short intensive courses based on the BSDT model
<b>2011</b>	Pancyprrian Association of Psychologists	Member of the training staff for the Programme: "Systems Psychology", "Community Psychology: The Psychologists and the prevention of substance abuse"

<b>2010-2011</b>	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"
<b>2010-2011</b>	KCC Foundation in collaboration with Bedfordshire University and the Cyprus Society of Family Therapy (SySoFT)	Collaborator – Trainer on the Postgraduate Programme in Systemic Therapy
<b>2006-2011</b>	Mental Health Services centre for Individual and Family Therapy	Responsible for Teaching, Training, and Supervision of Mental Health Professionals in Psychotherapy.
<b>2004-2011</b>	Mental Health Services	Teaching Psychology and Psychotherapy to the Trainees in Psychiatry and Psychology
<b>2004-2011</b>	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.
<b>1994-1998</b>	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

#### 4. Administrative Duties

<b>2013- to date</b>	Cyprus BSDT Institute – Founder, Director, Curriculum Development, Trainer and Supervisor.
<b>2020-2024</b>	Systemic Institute of Cyprus- Scientific Coordinator.

#### 7. Membership of Professional Bodies and Voluntary Organizations

<b>Member of EAP (European Association of Psychotherapy) since 2014</b>
<b>Member of the TAOS Institute – since 2013</b>
<b>Member of EFTA – CIM (European Family Therapy Association – Chamber of Individual Members) since 2012</b>
<b>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.</b>
<b>Member of the Association of Family Therapists (UK) since 1998.</b>
<b>Founding member (1982) and Honorary President of the Movement for Rehabilitation and Promotion of Mental Health (2008)</b>

<b>Founding member and first President of the Pancyprian Collective of Mental Health Organizations</b>
<b>Founding member and member of the governing committee of the International Peace Centre «EPEYNA»</b>
<b>Founding member of the Cyprus Peace Centre.</b>
<b>Founding member of the Cyprus Society of Systemic Studies</b>
<b>Founding member of Association of Psychologists, Cyprus</b>

## 8. Research Programmes-Sponsorships-Contributions

<b>Basic principles and skills in Brief Psychotherapy and the Therapeutic Dialogue</b>	Quantitative and Qualitative Evaluation of the pioneering Training Program for Mental Health Services professionals entitled, “Basic Principles and Skills in Brief Psychotherapy and Therapeutic Dialogue” (2008 -2010)
<b>The “Technical School Project”</b>	An application of the Process 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 <sup>nd</sup> Conference of the Cyprus Psychiatric Association in March 1997.
<b>Interpersonal and Intergroup communication</b>	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.
<b>Psychiatric reform and Mental Health</b>	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”.
<b>Development of the Brief Systemic Dialogical Therapy model (BSDT)</b>	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. (2020): The Handbook of Brief Systemic Dialogical Therapy: Course material, lecture transcripts, PowerPoints & International Scientific Literature. The Brief Systemic Dialogical Therapy Institute, Nicosia.
- 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 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 enhancement of personal agency in the context of the training program in Brief Systemic Dialogical Therapy (BSDT)”. Oral presentation. 10<sup>th</sup> Conference of European Association of Family Therapy -EFTA in Naples, Italy, on the topic: Visible and Invisible: Bordering Change in Systemic Family Therapy. Naples, 11<sup>th</sup> -14<sup>th</sup> September 2019.
- 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, 4<sup>th</sup> – 7<sup>th</sup> July 2012
- Mousteri, D. (2010). “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.” 4<sup>th</sup> 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". 7<sup>th</sup> Pancyprian Conference KENDEA, Paphos, 20-21 March 2004
- Mousteri, D. (2003). "The evolution of Systemic Thought and its impact on Psychotherapy". 1<sup>st</sup> 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." 7<sup>th</sup> 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". 2<sup>nd</sup> Conference of the Cyprus Psychiatric Association, Nicosia.
- Mousteri, D. (1996). "The Cypriot family and the issue of individuality." 8<sup>o</sup> World Conference of the International Family Therapy Association - I.F.T.A, Athens.
- Mousteri, D. (1988). "The development of Family Therapy in Cyprus". 6<sup>th</sup> International Symposium of Psychotherapists, Sofia.