

**Christina Vallianatou** has completed her first degree in psychology at the University of Wales, Cardiff and her doctorate in Counselling Psychology at the University of Surrey in the UK. She is a trained supervisor (Diploma in supervision, Metanoia Institute) and an accredited schema therapist and supervisor (ISST). She has worked for the National Health Service in the UK and currently works in private practice in Athens. She also has years of teaching experience in different academic settings. Her research interests, publications and conference presentations focus on the following topics: schema therapy, eating disorders and multicultural issues in psychotherapy.