

Katerina Tenezou was born in Athens, Greece. She is a Clinical Psychologist and an Accredited Cognitive Psychotherapist specialized in treatment of Addiction and Mental Disorders. She is well versed in a variety of treatment approaches and has a diverse clinical background. Her theoretical frame of reference is psychodynamic however she uses a variety of other treatment approaches in order to meet the specific needs of her clients. She provides Individual, Couples' and Group Therapy Psychotherapy to adolescents and adults who want to strengthen their relationship to themselves and others, while initiating changes that would help them live more realistic and satisfying lives. Finally she considers therapy a mutual contract between therapist and client with a warm and trustful therapeutic relationship being the key factor for alleviating the client's distress and accomplishing therapeutic goals set.

Katerina Tenezou is holding a Psychology Degree from the National and Kapodistrian University of Athens (Greece) and Tilburg University (Holland) and a three-years' Master Degree of specialization in Clinical Psychology (National and Kapodistrian University of Athens). She obtained her specialization in Cognitive Psychotherapy after 4 years of clinical practice under supervision at Aiginiteio University Hospital (University of Athens, Medical School). Her clinical practice has been constantly supervised by accredited supervisors of psychodynamic orientation since 2005.

She has been constantly engaged in clinical practice from 2001 (NHS Greece) and has been working for 8 years as a Clinical Psychologist and Psychotherapist at the Mental Hospital of Athens (in various clinics and psychotherapeutic departments). Her clinical practice concern people facing a drug/alcohol addiction problem, their families and people having been diagnosed with a Mental Disorder or suffering from psychological distress. For the past one year she has been living in Turkey and works in the private sector, in cooperation and under the supervision of Prof. Dr. Psychiatrist Ayhan Kalyoncu.

Psychotherapeutic sessions can be conducted in English or Greek and she is undertaking cases of Drug/ Alcohol Addiction, Mood Disorders, Anxiety Disorders, Anger Control Problems, Psychotic Syndromes, Eating Disorders, relational matters within families/ couples. She is also accredited for psychometric assessment concerning IQ- level (WISC-IV in Greek), Psychopathology Tests (MMPI in Greek), Personality Tests (Rorschach – Greek/English, T.A.T – Greek/ English), Learning Difficulties/ Dyslexia (in Greek).

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