

BIO

Specialized in the United Kingdom, Greece, the Netherlands and the United States. at the universities: University College London (UCL), Anglia Ruskin, Aristotle (ATh), Maastricht and Harvard.

DESCRIPTION

Dr Theodoros Koutsomitros is a Consultant Psychiatrist-certified Psychotherapist. He has specialised in Adult Psychiatry at University Clinics in London (UCL) and Thessaloniki (AUTH) and has subspecialised in repetitive Transcranial Magnetic Stimulation (rTMS) in the Netherlands and the United States, at the universities of Maastricht and Harvard.

Along with his specialisation in pioneering treatment of rTMS, he has specialised in 9 different psychotherapeutic approaches (CAT,CBT, GPM,ISTDP, Existential, Family- Systemic, Group and Psychodynamic Psychotherapy and Psychoanalysis).

From his student years, as a medical student, he had distinguished himself with his performance as he was the only graduate who graduated with honours in all the final exams. Since then, he has received a variety of European and global accolades, either in the form of awards or by being elected to positions of responsibility in scientific communities. In 2019, he was the only Psychiatrist in the world to be honored for the second time in a row with the prestigious WPA ECP Fellowship World Award for Early Career Psychiatrists of the World Psychiatric Society.

He has been the President of the Hellenic (Greek) Association of Psychiatric Trainees with an important role for the upgrading of continuing education in Psychiatry in Greece. In 2019, he was elected President of the Early Career Psychiatrists of the Hellenic Psychiatric Association (E.Ψ.E.).

He was also elected a co-chair of Psychotherapy working group of European Federation of Psychiatric Trainees with great success , with his main legacy being the establishing of EFPT Psychotherapy Guidebook, one of the most comprehensive book ever written about the richness of different Psychotherapies.

Currently he is also co-chair of International College of NeuroPsychopharmacology (CINP) Young Member Engagement Committee with great collaborations worldwide.

He has a strong scientific activity through international organisations and universities (articles, publications, research, conferences, books).

He maintains a private practice with a team of specialised psychiatrists and psychologists at the Medical Psychotherapy Center (I.Ψ.K.), the largest psychotherapeutic center in Greece. He is the Clinical Director of Education and Founder of the rTMS clinic, the only, apart from Athens, rTMS clinic in Greece.

Knowledge and experience led me to the synthetic model of psychotherapy. For this reason, I consider it absolutely necessary for every psychotherapist to be specialised in the basic forms of psychotherapy and either to apply one of them, when required, or to draw therapeutic possibilities from all, in order to create his own therapeutic "way" to respond effectively in each case.

Eager to listen your needs as much as possible, our first session may last up to 2 hours, if necessary, so we create together the best possible therapeutic plan with the aim of your best possible care.

EDUCATION

Comenius University Medical Degree.(average 9,67/10)

Specialisation title in Adult Psychiatry.

Specialty in University Hospitals of London (UCL: University College London) and Thessaloniki (B "University Clinic AUTH.).

He has attended hundreds of seminars in Greece and abroad with a wide range of topics in medicine and psychiatry and specific topics in Psychiatry from the Royal College of Psychiatrists in the United Kingdom (RCPsych) and the American Psychiatric Association (APA).

Specialisation in psychotherapy:

- Intensive Short Term Dynamic Psychotherapy (IEDTA).
- Cognitive Analytic Psychotherapy (ΠΕΓΑΨ-ICATA).
- Cognitive Behavioral Therapy (EPA).
- Group Psychotherapy (AGPA).
- Systemic - Family Psychotherapy (EFTA).
- Existential Psychotherapy.(IΨK)
- Psychodynamic - Psychoanalytic Psychotherapy (IΨK- AUTH).
- Good Psychiatric Management (McLean Hospital, Harvard).

Specialisation in Transcranial Magnetic Stimulation (rTMS):

- at the Department of Neuroscience at Maastricht University in the Netherlands &
- at the Berenson-Allen Center for Noninvasive Brain Stimulation at Harvard Medical School in the United States.

AWARDS

- Awarded with the JSPN Global Fellowship by the Japanese Society of Psychiatry & Neurology in Sendai, Japan, on September 2020.
- Selected as an EPA scholar (1 out of 20) to participate in the European Psychiatric Association Psychotherapy summer school in Strasbourg, on September 2019.
- Award for the global WPA Early Career Psychiatrist Fellowship by WPA President, Professor H. Hermann at the opening ceremony of the 19th WPA World Psychiatric Congress in Lisbon, on August 2019.
- Winner of the 2nd prize in the global competition for the presentation of ECP at the 19th WPA World Congress of Psychiatry in Lisbon, on August 2019.
- Selected as member of Early Career Psychiatrist Advisory Committee of the 19th World Psychiatric Association (WPA) World Congress of Psychiatry in Lisbon.
- Winner (1 out of 5) of the EPA Early Career Psychiatrist Scholarship given by EPA President, Professor S. Galderisi at the opening ceremony of the 27th European Psychiatric Conference in Warsaw, on April 2019.
- Selected by Prof N. Sartorius and Sir Prof G. Thornicroft to represent Greek Psychiatrists in the Advanced Course on the Development of Leadership and Professional Skills for Young Psychiatrists, on October 2018.
- Received the prestigious WPA Early Career Psychiatrist Fellowship from the WPA President Prof. H. Herrman during the opening ceremony of the WPA World Congress of Psychiatry in Mexico City, on September 2018.
- Distinguished as the only graduate of Medicine who received an Excellent "A" in all the courses examined for the degree as well as for the dissertation on July 2012.

Diploma Thesis

Diploma Thesis: "Addictions in Adolescence: Drugs, Alcohol and the Internet"

Diploma thesis based on original anonymous data of 100 patients of the Medical Psychotherapeutic Center (Thessaloniki). Investigation of comorbidities.

Research

Participation in 3 research studies:

-DNA Polymorphism In Mental Illness study (DPIM). University College London and Mental Health Research Network.

-The neural basis of perception and decision-making. Institute of Psychiatry at the Maudsley, King's College London and University College London.

-Investigation of compulsivity and motivation in disorders of compulsivity. Cambridge University.

Audit

-Consent to treatment, Department of Psychiatry, Brockfield House Foundation, England.

-Prescribing Observatory for Mental Health (POMH-UK), Royal College of Psychiatrists UK and Quality Improvement Center (CCQI).

-National Audit of Schizophrenia (NAS), Royal College of Psychiatrists UK and Quality Improvement Center (CCQI).

CONFERENCES/CONGRESSES

-Chair of thematic sessions in pan-Hellenic conferences of the Hellenic Psychiatric Association (ΕΨΕ) as well as in international, mainly of the World Psychiatric Society (WPA)

-Chairman of the scientific and organisational committee of the 34th Congress of Hellenic Association of Psychiatric Trainees.

-Attendance of pan-Hellenic and international conferences in many of which as a speaker on a wide range of topics

-Participation in international educational programs with the field of Young Psychiatrists to inform and educate the public and colleagues.

Congresses:

- 116th congress of Japanese Society of Psychiatry and Neurology. JSPN, Sendai (virtual), 2020.
- Summer Masterclass 2020 Bipolar Disorders. International Society of Neurobiology & Psychopharmacology (ISNP), Athens (virtual), 2020.
- 28th European congress of Psychiatry. European Psychiatric Association (EPA), Madrid (virtual), 2020.
- Winter Masterclass 2020 Bipolar Disorders. International Society of Neurobiology & Psychopharmacology (ISNP), Athens, 2020.

- *EPA Psychotherapy summer school. European Psychiatric Association , Strasbourg, 2019*
- *World congress of Neuropsychopharmacology. International College of NeuroPsychopharmacology (CINP) Athens, 2019*
- *32nd-European congress on Neuropsychopharmacology College (ECNP). Copenhagen, 2019*
- *19th WPA World Congress of Psychiatry. World Psychiatric Association (WPA), Lisbon, 2019.*
- *XXXVI World Congress of Psychiatry. International Congress of Law and Mental Health. Rome, 2019*
- *27th forum of the European Federation of Psychiatric Trainees,(EFPT) Prague, 2019.*
- *6th congress on Neurobiology, Psychopharmacology and Treatment Guidance (Chalkidiki,2019*
- *Harvard's congress of Psychiatry 2019. Harvard Medical School, Boston, 2019*
- *27th Panhellenic Conference on Psychiatry. Hellenic Psychiatric Association (EΨE), Heraklion, 2019.*
- *27th European Congress of Psychiatry. European Psychiatric Association (EPA), Warsaw, 2019*
- *8th Panhellenic Conference on Biopsychosocial Approach in Medical Care. Thessaloniki, 2018.*
- *34th congress of Hellenic Association of Psychiatric Trainees (EEEΨ). Athens, 2018.*
- *18th WPA World Congress of Psychiatry. World Psychiatric Association (WPA), Mexico City, 2018.*
- *1st International Hellenic American Psychiatric Association conference, Athens, 2018.*
- *26th Forum of the European Federation of Psychiatric Trainees (EFPT),Bristol, 2018.*
- *2nd congress on Evidence Based Mental Health: from Research to Clinical Practice. Kavala, 2018.*
- *26th Panhellenic congress of Hellenic Psychiatric Association (EΨE), Kos, 2018.*
- *2nd Panhellenic Congress of Hellenic Society for Research and Prevention of Suicide and Violence , Athens, 2018.*
- *17th WPA World Congress of Psychiatry. World Psychiatric Association (WPA), Berlin, 2017.*
- *27th Panhellenic congress of Hellenic Psychiatric Association (EΨE), Corfu 2017*
- *8th International Experiential Dynamic Therapy Association (IEDTA) conference. Amsterdam, 2016.*
- *3rd Panhellenic conference of Holistic approach for Mental Health disorders. Kalamata, 2016.*
- *4^h Eastern European Psychiatric congress & 3rd International Congress of Preventive Psychiatry. Athens, 2015.*
- *Masterclass in psychopharmacology for Schizophrenia. Institute of Psychiatry, King's College London, London, 2015.*
- *The Royal College of Psychiatrists International congress. London, 2014.*
- *Child Development D. Winnicott. The Squiggle Foundation, London 2014.*

- *The Royal College of Psychiatrists International congress. Edinburgh, 2013.*
- *3rd Panhellenic conference in Biopsychosocial approach in Medical Care. Thessaloniki, 2013.*
- *7th Panhellenic Congress of General Psychiatry. Thessaloniki, 2013.*
- *27th Northern Greece Medical Conference. Thessaloniki, 2012.*
- *2nd International congress on Neurobiology, Psychopharmacology and Therapeutic Directives. AUTH. Thessaloniki, 2011.*

-Along with his work as a clinical psychiatrist, he presents intense scientific activity with participation in international organisations, writes articles in various psychiatric newsletters and has participated in publications in reputable journals in Greece ("Psychiatry") and abroad ("The Lancet Psychiatry").

-He is one of the authors and editor-in-chief of the European Psychotherapy Guidebook (EFPT Psychotherapy Guidebook), one of the most comprehensive psychotherapy manuals ever written to separate and understand the richness of so many different types of psychotherapy. (<https://epg.pubpub.org>)

-He has also authored three books, which are being published, on topics ranging from different psychotherapies, the use of mnemonics and acronyms for DSM-5, and group psychoeducation in bipolar disorder.

MEMBER OF :

- Hellenic Psychiatric Association (ΕΨΕ): president of Early Career Psychiatrists
- European Federation of Psychiatric Trainees (EFPT): co-chair of Psychotherapy WG.
- International College of Neuropsychopharmacology (CINP): co-chair of the Young Member Engagement Committee
- Medical Association of Thessaloniki (ISTH).
- European College of Neuropsychopharmacology (ECNP).
- Royal College of Psychiatrists of the United Kingdom (RCPsych).
- American Psychiatric Association (APA).
- European Psychiatric Association (EPA).
- World Psychiatric Association (WPA).

