

Name: Maria Ypofanti

Sector: Exercise and Health Psychology.

Studies: Health Psychologist, Nurse, Special Teacher, kindergarten, Cognitive and Systemic Psychotherapist.

Email: mipofant@phyed.duth.gr

Phone: 6974445067

Short CV: Studies in: 1) Programme of Psychology in National Kapodistrian University of Athens (BSc).

2) Nursing (BSc).

3) Teaching in National Kapodistrian University of Athens (BSc).

4) Teaching in preschoolers in National Kapodistrian University of Athens (BSc).

5) Special teaching in National Kapodistrian University of Athens (MSc).

6) Health Management in Economic University of Peiraias (MSc).

7) Exercise and Quality of Life in Dimocritio University of Thraki (MSc in development).

8) Cognitive Psychotherapy in Aiginiteio University Hospital.

9) Systemic Psychotherapy in Unit of Systemic Psychotherapy in Psychiatric Hospital of Attiki (in development).

Work: As Psychologist In General Hospital of Nikea-Peiriaia "Saint Panteleimon".(Ex- nurse in special Hospital Peiriaia "Metaxa")

Thesis in development- University of Thessaly: Cognitive psychotherapy in smoking cessation.



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