

KATHERINE STAVRIANOPOULOS, PhD
 Email: stavros@jjay.cuny.edu

EDUCATION

Doctor of Philosophy: Educational Psychology, 2005, Fordham University
 Master of Science: Education, 1996, Fordham University
 Professional Diploma: School Psychology, 1996, Fordham University
 Bachelors of Arts: Psychology, 1993, Hunter College, CUNY
 Associates in Arts: Liberal Arts, 1991, Nassau Community College

CLINICAL TRAINING & CERTIFICATION

Trauma Studies Certificate, 2010, Institute of Contemporary Psychotherapy
 Certified EFT Supervisor, 2010, International Center for Excellence in Emotionally Focused Therapy
 EMDR Comprehensive Training (Part III), 2008, EMDR International Association
 EMDR Comprehensive Training (Parts I and II), 2007, EMDR International Association
 Certified EFT Therapist, 2009, International Center for Excellence in Emotionally Focused Therapy
 Family and Couple's Therapy Certificate, 2004, Institute for Contemporary Psychotherapy

PROFESSIONAL LICENSE AND CERTIFICATIONS

Licensed Psychologist, New York State (#0175491)
 Mental Health Counselor, New York State (#001647-1)

PROFESSIONAL EXPERIENCE (ACADEMIC)

Associate Professor and Deputy Chair, Counseling Dept., John Jay College, 2015-Present
 As Deputy Chair, responsible for course offerings, teaching schedules, faculty observations
 learning outcomes assessment, curriculum development and oversight of major in Human
 Services and Community Justice (HSCJ).
Courses Taught: Foundations of Counseling and Human Service, Intimate Relationships,
 Families: Stress, Resiliency & Support Systems.

Associate Professor and Counselor, Counseling Dept., John Jay College, 2013-2015
Courses Taught: Foundations of Counseling and Human Service, Intimate Relationships,
 Families: Stress, Resiliency & Support Systems.

Assistant Professor and Counselor, Counseling Dept., John Jay College, 1998- 2013.
Courses Taught: Introduction to Human Service, Contemporary Families and Human Services,
 Freshman Year Experience, Peer Counseling Practicum.

Counseling Responsibilities: Individual Short-term Psychological Counseling; Crisis
 Intervention; Group Counseling; Supervision of Graduate Student Externs; Faculty Consultation.

Departmental Committees:

HSCJ major Curriculum Subcommittee, Chair (2017- Present)

Curriculum Committee (2008- Present)

Personnel & Budget Committee (2008- Present)

College Wide Committees:

General Education New Course Committee, John Jay College, 2017

Planning Committee for International Criminal Justice Conference, Athens Greece, 2014

(Faculty Elected member).

Distinguished Teaching Award Selection Committee, John Jay College, 2013 and 2016 (Invited Faculty member).

PROFESSIONAL EXPERIENCE (NON-ACADEMIC)

Volunteer Staff Psychologist, Institute for Contemporary Psychotherapy, NY, 2004-Present
Providing therapy to couples/families and individuals with trauma history and PTSD.

Coordinator, Learning Enhancement Center, John Jay College, NY, 1996- 1998

Coordinated and supervised the following programs: Academic advisement for first semester freshmen, Computer Assisted - Instruction and Computer Literacy Workshops. Trained and supervised 15 tutors each year; facilitated a series of Academic Preparation Workshops.

Academic Advisor, Office of Freshmen Services John Jay College, NY, 1993-1996

Provided academic advisement to undergraduate students; assisted in data collection for studies on students' college adjustment; coordinated Annual International Student Conference for Foreign Students.

PUBLICATIONS

Textbook Chapters

Stavrianopoulos, K. and Sanchez-Leguelinel, C. M. (2005). Exploring and understanding the John Jay College Community. In R. C. DeLucia (Ed.), *Urban Learners: Serious about college success*. New York: Prentice Hall.

Stavrianopoulos, K. (2002). Managing your money, responsibilities and risks. In R.C. DeLucia (Ed.), *Urban Learners: Serious about college success*, (pp.297-312). New York: Prentice Hall.

Crew, C. & Stavrianopoulos, K. (1999). The confident learner: Attitudes and study strategies that create college success. In R. C. DeLucia (Ed.), *Urban Learners: Serious about college success*, (pp.51-71). New York: Prentice Hall.

Articles in Refereed Journals

Stavrianopoulos, K. (2019). Emotionally Focused Family Therapy: Rebuilding Family Bonds. <https://www.intechopen.com/online-first/emotionally-focused-family-therapy-rebuilding-family-bonds>

Stavrianopoulos, K. (2015). Enhancing relationship satisfaction among college student couples: An Emotionally Focused Therapy (EFT) approach. *Journal of Couple and Relationship Therapy, 14*, 1-17

Stavrianopoulos, K. (2015). Changing college students' perceptions and participation in organ donation: A classroom and service learning intervention. *Journal of Distress and Homelessness, 23*, 71-79.

Stavrianopoulos, K., Faller, G., & Furrow, J. L. (2014). Emotionally Focused Family Therapy (EFFT) as a treatment modality with adolescents and their parents. *Journal of Couple and Relationship Therapy, 13*, 25-43.

Stavrianopoulos, K. (2008). Service learning within the freshman year experience. *College Student Journal, 42*, 703-712.

Stavrianopoulos, K. (2007). Adolescents' metacognitive knowledge monitoring and academic help seeking: The role of motivation orientation. *College Student Journal, 41*, 444-453.

Ventoura, R. & Stavrianopoulos, K. (2014). Being a person centered therapist and the challenge of working with the Emotionally Focused Therapy Model: A Case Study. *Journal of Person Centered and Experiential Psychotherapies, 13*, 169-183.

PEER-REVIEW PAPER PRESENTATIONS

Stavrianopoulos, K. & DeLuca, J. (2014). *Peer campus campaigns as an effort to de-stigmatize mental illness*. Paper presented at the International Conference Criminal Justice Conference. Athens, Greece.

Stavrianopoulos, K. (May 2010). *Couple Groups for Urban College Students based on Emotionally Focused Therapy Model*. Paper presented at the 4th Annual International Conference on Psychology. Athens, Greece.

Stavrianopoulos, K. (April 2010). *Hold Me Tight: Bringing Educational Relationship Programs to Ethnically Diverse College Students*. Counseling and Educational Leadership Conference, Montclair State University, NJ.

Stavrianopoulos, K. (2010, January). *Hold Me Tight Education Program: Putting it all together*. Paper presented at the 2nd Emotionally Focused Therapy (EFT) International Summit. San Diego, CA.

Barnett, P., Hoskins, C., & Stavrianopoulos, K. (November 2009). Can a DVD reduce misconceptions of potential organ donors? 21st Annual Greater New York Conference on Behavioral Research, Brooklyn, NY.

Stavrianopoulos, K. (November 2009). Couple's Therapy with Greek Americans. Paper presented at the 21st Annual Greater New York Conference on Behavioral Research. Brooklyn, NY.

Stavrianopoulos, K. (April 2006). Achievement Goals as Predictors of Metacognitive Knowledge Monitoring and Academic Help Seeking among College Students. Paper presented at the Annual Conference of the American Educational Research Association (AERA), San Francisco, CA.

Stavrianopoulos, K. (July 2005). *Creative Uses of Technology in the First-Year Seminar*. Poster session presented at the International Conference on the First-Year Experience, Southampton, UK.

Stavrianopoulos, K. & Sinatra, P. M. (July 2005). Peer Mentoring: Personal Connections. Roundtable presentation at the International Conference on the First-Year Experience, Southampton, UK.

Stavrianopoulos, K. (June 2004). Enhancing your Student Success Courses by Incorporating the Use of Blackboard. Workshop presented at the Annual College Success Conference, Orlando, FL.

Stavrianopoulos, K. (June 2002). The Hidden Victims: Attachment Styles of Children with Mother in Prison. Paper presented at the International Criminal Justice Conference, London, England.

Stavrianopoulos, K. (March 1999). The academic, personal-emotional and social adjustment of international students. Workshop presented at the CUNY Academic Advisors Conference, City College, NY.

Stavrianopoulos, K. (November 1998). The effects of second language on the retrieval of autobiographical memory. Poster session presented at the Annual Psychonomic Society Conference, Dallas, TX.

Stavrianopoulos, K. (October 1998). The effects of reciprocal teaching among urban entering freshmen. Paper presented at the Annual meeting of the City University of New York Association of Reading Educators, LaGuardia Community College, NY.

Stavrianopoulos, K. (Oct. 1997). *Academic preparation workshops as an intervention for high-risk freshmen*. Paper presented at the conference of the National Educational Research Association, Ellenville, NY.

INVITED PRESENTATIONS

Stavrianopoulos, K. (2018, March). *Love Wise: The Science behind Intimate Relationships*. Guest Speaker, Honors Program, John Jay College, CUNY

Stavrianopoulos, K. (2017, January). *Emotionally Focused Therapy: Creating Connection*. Invited presentation at the Department of Mental Health: James J. Peters, VA Medical Center, Bronx, NY.

Stavrianopoulos, K. (2017, June). *Emotionally Focused Family Therapy (EFFT)*. Invited presentation at the Department of Counseling, New York University

Stavrianopoulos, K. (2017, October-December). *Emotionally Focused Therapy: Generating Emotional Safety in Couples*. Invited presentation at the Post Graduate Professional Development Program. St. John's University, Queens, New York.

Stavrianopoulos, K. (2016, January). *Making Connections: Introduction to Emotionally Focused Therapy*. Invited presentation at the Institute of Contemporary Psychotherapy, New York

Stavrianopoulos, K. (2012, May). *Dynamics of romantic love*. Guest Speaker, Institute of Counseling and Psychological Studies. Athens, Greece.

Stavrianopoulos, K. (2012, May). Adult romantic attachment and couples' relationships. Training, Institute of Counseling and Psychological Studies. Athens, Greece.

Stavrianopoulos, K. (2011, February). *Dancing with the Dragon: Emotionally Focused Therapy with Trauma Couples*. Training, Institute of Contemporary Psychotherapy (ICP). New York, NY.

Stavrianopoulos, K. (2010, September). *What is Emotionally Focused Therapy?* Presentation, Institute of Contemporary Psychotherapy (ICP). New York, NY.

CREATIVE WORKS

2010 DVD, *Financial Literacy for Students*. Psi Chi Chapter, Fordham University.

GRANTS

2012 **Research Award**, New York Center for Emotionally Focused Therapy (Funded \$5,000)
Title: *Strong Bonds, Strong Couples: Educational Relationship Program for College Student Veterans*

2007 **PSC-CUNY Research Award**, (Funded \$2,002)
Title: *Music Interest, Achievement Gap and Metacognitive Knowledge Monitoring*.

- 2002 CUNY Faculty Development Program, (Funded \$5,000)
 Title: *Trauma and Recovery: Reflections on 9/11 One Year Later.*

DISSERTATIONS SUPERVISED

- 2013 Dorazio, Cristina. *The impact of ethnic identity on attitudes towards counseling for Italian-Americans.* Unpublished doctoral dissertation, Teachers College.

HONORS AND AWARDS

- 2012 Faculty Distinguished Teaching Award, 2012, John Jay College. In recognition of innovative curriculum or pedagogy, or other describable teaching activities that have been especially successful.

PROFESSIONAL ACTIVITIES

- 2011- Present National Alliance for Mental Illness (NAMI), John Jay Chapter
Faculty Advisor at John Jay College
- 2010 – Present New York Center for Emotionally Focused Therapy (NYCEFT)
Founding Member, Board of Directors & Certified EFT Supervisor

PROFESSIONAL MEMEBRSHIPS

- 2012- Present American Counseling Association (ACA)
- 2010- Present New York Center for Emotionally Focused Therapy (NYCEFT)
- 2008- Present International Center for Excellence in Emotionally Focused Therapy (ICEEFT)