

Sofia Triliva

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Place of Birth: Kastos Lefkadas, Greece

Citizenship: Greek and United States

Languages: English and Greek

EDUCATION

1984 – 1990 **PsyD., Doctor of Psychology** | Rutgers University,
Graduate School of Applied & Professional Psychology
New Brunswick, NJ, USA

1982 – 1984 **M.A.** | Columbia University, Teachers College NY, USA
Counselling Psychology

1978 – 1982 **B.A.** | Rutgers University NJ, USA *Psychology and
Education*

LICENSURE

1995 **Licensed Clinical Psychologist** | *Ministry of Health and
Welfare, Greece*

1988 **Licensed School Psychologist** | *New Jersey, USA*
Supervised practicum experience:
-Westfield Public Schools, New Jersey
-Bound Brook Schools, New Jersey

1982 **Certified Teacher of the Handicapped** | *New Jersey,
USA*
Teaching practicum experience:
-Saddlebrook, New Jersey
-New Brunswick, New Jersey

HONORS AND AWARDS

- 1989–1990** **Fulbright Fellow**, Dissertation Award | *Fulbright Foundation*
- 1982–present** **Member, Phi Beta Kappa Honor Society**

ACADEMIC APPOINTMENTS

- Oct. 2017 – present** **Professor** of Clinical Psychology, *Department of Psychology, University of Crete*
- June 2012 – 2017** **Associate Professor** of Clinical Psychology, *Department of Psychology, University of Crete*
- Mar. 2002 – 2012** **Assistant Professor** of Clinical Psychology, *Department of Psychology, University of Crete*
- Sept. 1994–Mar. 2002** **Lecturer** in Psychology, *Department of Psychology, University of Crete*
- Sept. 1990 –Sept. 1993** **Adjunct Faculty**, *Department of Psychology, University of Crete*

ADMINISTRATIVE APPOINTMENTS

- May 2023 –** **Inclusion Officer** | *University of Crete*
- Oct. 2022 –** **Director of MSc program: Clinical Interventions in Addictions** | *Department of Psychology, University of Crete*
- Sept. 2022 –** **Vice Chair** | *Department of Psychology, University of Crete*
- Sept. 2014 – Sept.2018** **Vice Chair** | *Department of Psychology, University of Crete*

- 1991 – present** **Member** | *Departmental Committees, Dept. of Psychology, University of Crete*
- Including: Curriculum Development, Graduate Steering Committees, Ethics Review Board for Student Projects, Member of the Student Affairs Housing and Accommodation Committee, and Member of the Quality Assurance Committee of UoC.
- Sept. 2003 – 2004** **Director** | *Counseling Center*
University of Crete
- Sept. 2002 – Aug. 2004** **Member** | *Steering Committee for the Establishment of the Counseling Center*
University of Crete
- May 2000 – May 2002** **Member** | *National Committee on Psychotherapy Licensure*
Greek Ministry of Health and Welfare

HONORARY POSITIONS

- Feb. 2012–Jan. 2013** **Visiting Scholar** | *New York University*
New York City, NY, USA Center for Health, Identity, Behavior and Prevention Studies (CHIBPS)
- Sept. 2004–June 2005** **Visiting Scholar** | *University of British Columbia*
Vancouver, BC, Canada Centre for Research in Women’s Studies and Gender Relations

CLINICAL TRAINING & EXPERIENCE

- 1995–2012** **Family Primary Prevention Programming**, Rethymnon, Crete
Community Outreach Coordinator (Pro Bono)
Providing preventive programming to the greater Rethymnon community
- 2003–2004** **Drug Prevention Programming**, Crete | National Drug Prevention Board: OKANA/KESAN (Pro Bono)
Consultant

Developing and supervising drug primary prevention programming for the greater Rethymnon and Heraklion communities

1988 – 1989 **Child and Adolescent Psychiatric Unit** | Mount Sinai Hospital, Hartford CT, USA

Clinical Intern:

-Individual, Group, and Family Therapy

-Psychodiagnostic Evaluation

1985 – 1989 **Psychological Clinic** | Graduate School of Applied and Professional Psychology, Rutgers University, USA

1986 – 1988 **Cook College Counseling Center, Rutgers College Counseling Center, and Bonnie Brae Educational Center**

Clinical Practicum

RELATED PROFESSIONAL EXPERIENCE

Mar. 2010 –Feb. 2012 **Adult Educator** | Greek Ministry of Education
Professional Development of Primary and Secondary School Teachers: Multicultural Education – Inclusion of Ethnic Minority Students in Greek Schools

Sept. 2009 –June2010 **Adult Educator** | School District of Crete
Professional Development of Primary and Secondary School Teachers: Application of Reflective Practice and Experiential Learning Techniques in the Classroom

1995 **Adult Educator** | Teacher Education Center of Crete, Greek Ministry of Education
Professional Development of Secondary School Teachers: Adolescent Development

1990 – 2012 **Advisor-Consultant** | AGAPE (non-profit organization)
Training Program for People with Developmental Disabilities

Sept. 1991 – June 1992 **Adjunct Faculty** | School of Nursing, Rethymnon, Crete, Greece
Introduction to Clinical Psychology

1988 – 1989 **Clinical Internship** | Mount Sinai Hospital, Connecticut, USA

1986 – 1987 **Counselor** | Rutgers University, New Jersey, USA

*Graduate School of Applied and Professional Psychology
Outreach Program for Parents*

1984 – 1987

Counselor | Cook College Counseling Center, Rutgers
College Counseling Center, USA

Sept. 1982 – June 1985

Special Education Teacher | East Orange School
District, USA

COMMUNITY OUTREACH & PRO BONO PROFESSIONAL EXPERIENCE

Sept. 1991 – 2014

Consultant/Counselor | *Lykeion ton Hellenidon (Lyceum
for Greek Women), Rethymnon Branch, Crete*

Building Bridges between the University and the Community

- Coordinated Programming for Parenting and Family Life
- Developed and implemented year-long community-wide interventions

Sept. 1991 – today

Consultant | *AGAPE Program for People with Multiple
Disabilities*

- Provided staff development and training, curriculum development, as well as clinical consultation with service users and their families

1996 - 2000

Consultant, Community Outreach for children and families who come into contact with the criminal justice system | *Child Protection Agency, Prefecture of Rethymnon*

- Appointed by the University of Crete
- Advised staff, helped in decision-making

EDITORIAL WORK

- *Behavioral Medicine (Associate Editor, 2013 – present:)*
- *Annual Review of Critical Psychology (2006 – present)*
- *Outlines: Critical Social Studies (Editorial Board)*

REVIEWER FOR ACADEMIC JOURNALS

- *Have consistently reviewed manuscripts*

PUBLICATIONS

Books

Along with esteemed colleagues, we have created, evaluated and published both the empirical validation as well as the intervention protocols of seven (7) handbooks of prevention and mental health promotion. They are applied widely in schools, prevention centers, and communities in Greece and in Cyprus.

1. **Triliva, S.**, Xarli, P., & Spinthaki, A. (2012). *Nurturing teachers' identities: From learning to teaching* [in Greek]. Thessaloniki: Epikentro.
2. **Triliva, S.** & Anagnostopoulou, T. (2008). *Experiential learning: A handbook for mental health professionals and educators applying mental health promotion programming* [in Greek]. Athens: Topos.
3. **Triliva, S.**, Anagnostopoulou, T., & Hatzinikalaou, S. (2008). *Neither better nor worse just different* [in Greek]. Athens: Gutenberg.
4. **Triliva, S.**, & Chimienti, G. (2002). *Self-discovery, awareness, composure, respect: Emotional and social competence* [in Greek]. Athens: Patakis. Available online at: <http://crete.academia.edu/SofiaTriliva/Books/60790801>
5. **Triliva, S.**, & Chimienti, G. (1998). *Conflict control: You and Me = We*[in Greek]. Available online at: <http://crete.academia.edu/SofiaTriliva/Books/1161815>
6. **Triliva, S.**, & Chimienti, G. (1998). *Conflict control: Experiential exercises* [in Greek]. Athens: Ellinika Grammata.
7. Chimienti, G., **Triliva, S.**, & Nasr, A. (1993). *Conflict control: A classroom program for reducing interpersonal conflict*. Lebanon: Institute for Women's Studies in the Arab World. (Limited circulation).

Peer-Reviewed Journal Articles

1. Ghafoori, B., Triliva, S., Chrysikopoulou, P., & Vavvos, A. (2024). Psychological adaptation among health care workers who work with trauma-exposed refugees in Greece. *Journal of Traumatic Stress*, 1–9.
<https://doi.org/10.1002/jts.23022>

2. Fragkiadaki, E., Anagnostopoulos, F., & **Triliva, S.** (2023). The experience of psychological therapies for people with multiple sclerosis: A mixed-methods study towards a patient-centred approach to exploring processes of change. *Counselling and Psychotherapy Research*, 00, 1– 12.
<https://doi.org/10.1002/capr.12615>
3. **Triliva, S.**, Sools, A.M., & Philippas, T. (2022). Using narrative futuring as a means of facing liminal employment status and space. *Qualitative Psychology*, 9(3), 289–305. <https://doi.org/10.1037/qap0000185>
4. Karakoula, P. & Triliva, S. (2022). Self-experiences from addiction to recovery: a qualitative study. *Hellenic Journal of Psychology*, 19, 126-147.
<https://doi.org/10.26262/hjp.v19i2.8417>
5. Sools, A., de Groot, E., Coppers, J. & **Triliva, S.** (2022). Young people’s situated capacity to imagine a desired post-pandemic future: A qualitative methodology for assessing Futures Consciousness, *Futures*, 144, 103045,
<https://doi.org/10.1016/j.futures.2022.103045>.
6. Tsabanaki, A., Kokkinaki, T., **Triliva, S.** & Karademas, E. (2022). Intersubjectivity in interactions between breastfeeding infants and their mothers: A longitudinal observational study in the first year of life, *European Journal of Developmental Psychology*,
<https://doi.org/10.1080/17405629.2022.2125953>
7. Nguyen Long, L.A., **Triliva, S.**, Davids, T., & Fragkiadaki, E. (2022). Emerging from the global syndemic crucible: Finding belonging in a post corona future. *Futures*, 143, 103034. ISSN 0016-3287.
<https://doi.org/10.1016/j.futures.2022.103034>
8. Meyer, C., Heinzl, L., Kampisiou, C., **Triliva, S.**, Knaevelsrud, C., & Stammel, N. (2022). Do Gender and Country of Residence Matter? A Mixed Methods Study on Lay Causal Beliefs about PTSD. *International Journal of Environmental Research and Public Health*, 19(18), 11594.
<https://doi.org/10.3390/ijerph191811594>
9. Canessa, C., Vavvos, A., **Triliva, S.**, Kafkalas, I., Vrachioli, M., & Sauer, J. (2022). Implementing a combined Delphi and Focus Group Qualitative Methodology in Nexus Research Designs: the case of the WEF E Nexus in Apokoronas, Crete. *PLoS ONE*, 17(7), e0271443. <https://doi.org/10.1371/journal.pone.0271443>
10. Koutra, K., Paschalidou, A., Roumeliotaki, T. & **Triliva, S.** (2022). Main and interactive retrospective associations between parental rearing behavior and psychological adjustment in young adulthood. *Current Psychology*.
<https://doi.org/10.1007/s12144-022-03011-3>
11. Meyer, C., Kampisiou, C., **Triliva, S.**, Knaevelsrud, C., & Stammel, N. (2022). Lay causal beliefs about PTSD and cultural correlates in five countries. *European journal of psychotraumatology*, 13(1), 2029333.
<https://doi.org/10.1080/20008198.2022.2029333>

12. Vavvos, A., Tzanakis, M., & **Triliva, S.** (2022). "From the World of Falsehood to the World of Truth": Recovery and reflexivity in Clubs of Families with Alcohol-related Problems in Crete. *Journal of Community Psychology*, 1-17. <https://doi.org/10.1002/jcop.22796>
13. Zisopoulos, G., **Triliva, S.**, & Roussi, P. (2022). Processing Intensive Care Unit Treatment Experiences: A Thematic Analysis of a Diary Intervention. *Qualitative Health Research*, 32(2), 371-384. <https://doi.org/10.1177/10497323211055459>
14. Koutra, K., Mavroeides, G. & **Triliva, S.** (2022). Mental Health Professionals' Attitudes Towards People with Severe Mental Illness: Are they Related to Professional Quality of Life? *Community Mental Health Journal*, 58, 701-712. <https://doi.org/10.1007/s10597-021-00874-x>
15. Anestis, E., Eccles, F. J. R., Fletcher, I., Triliva, S., & Simpson, J. (2022). Healthcare professionals' involvement in breaking bad news to newly diagnosed patients with motor neurodegenerative conditions: a qualitative study. *Disability and rehabilitation*, 44(25), 7877-7890. <https://doi.org/10.1080/09638288.2021.2002436>
16. Fragkiadaki, E., **Triliva, S.**, & Anagnostopoulos, F. (2021). Application of Interpretative Phenomenological Analysis methodology in psychotherapy impact research: Experience of psychotherapy of a person with Multiple Sclerosis. *Qualitative Methods in Psychology Bulletin*, Spring 2021(31), 26 - 34.
17. Fragkiadaki, E., Anagnostopoulos F., **Triliva, S.**, Angnostopuli, M., & Theotoka, I. (2020). Patients with multiple sclerosis in psychotherapy: Processes of meaning making and self-transformation. *International Journal of Psychology and Psychoanalysis*, 6(1), <https://doi.org/10.23937/2572-4037.1510046>
18. Van Beveren, L., Rutten, K., Hensing, G., Spyridoula, N., Schønning, V., Axelsson, M., Bockting, C., Buysse, A., De Neve, I., Desmet, M., Dewaele, A., Giovazolias, T., Hannon, D., Kafetsios, K., Meganck, R., Øverland, S., **Triliva, S.**, & Vandamme, J. (2020). A Critical Perspective on Mental Health News in Six European Countries: How Are "Mental Health/Illness" and "Mental Health Literacy" Rhetorically Constructed? *Qualitative health research*, 30(9), 1362-1378. <https://doi.org/10.1177/1049732320912409>
19. Fragkiadaki, E., **Triliva, S.**, Natsopoulou, O., & Tzanakis, E. (2020). From social workers to socio-therapists: The transformative journey of substance abuse therapists. *Journal of Social Work Practice in the Addictions*, 20(2), 89-104. <https://doi.org/10.1080/1533256X.2020.1691408>
20. **Triliva, S.**, Ntani, S., Giovazolias, T. et al. (2020). Healthcare professionals' perspectives on mental health service provision: A pilot focus group study in six European countries. *International Journal of Mental Health Systems*, 14, 16. <https://doi.org/10.1186/s13033-020-00350-1>

21. Fragkiadaki, E., Ghafoori, B., **Triliva, S.**, & Safakianaki, R. (2020). A Pilot Study of a Trauma Training for Healthcare Workers Serving Refugees in Greece: Perceptions of Feasibility of Task-Shifting Trauma Informed Care, *Journal of Aggression, Maltreatment & Trauma*, 29(4), 442-460.
<https://doi.org/10.1080/10926771.2019.1662866>
22. Marvakis, A., Batur, S., Kessi, S., Painter, D., Schraube, E., Strohm Bowler, E., & **Triliva, S.** (2019). Special Issue: Kritische Psychologie (Eds.). *Annual Review of Critical Psychology*, 16, Discourse Unit. <https://discourseunit.com/annual-review/arcp-16-kritische-psychologie-2019>.
23. Batur, S., Kessi, S., Marvakis, A., Painter, D., Schraube, E., Strohm Bowler, E., & **Trivila, S.** (2019). Kritische Psychologie: Refining theory, methodology and empirical research. *Annual Review of Critical Psychology*, 16, 3-9. Discourse Unit.
<https://discourseunit.com/annual-review/arcp-16-kritische-psychologie-2019>.
24. Vavvos, A., & **Triliva, S.** (2018). The neo-liberal myth of austerity: Debt and solidarity in the forefront of public space. *Journal of Social and Political Psychology*, 6(2), 315-330. <https://doi.org/10.5964/jspp.v6i2.740>
25. Sools, A., **Triliva, S.**, Fragkiadaki, E., Tzanakis, M., & Gkinopoulos, T. (2018). The Greek Referendum Vote of 2015 as a paradoxical communicative practice: A narrative future-making approach, *Political Psychology*, 39(5), 1141-1156.
<https://doi.org/10.1111/pops.12474>
26. Kyriakidou, N., & **Triliva, S.** (2018). The constant “tug of war” in mental health care in Greece, *Mental Health Review Journal*, 23(3), 121-130.
<https://doi.org/10.1108/MHRJ-11-2017-0050>
27. Dafermos, M., **Triliva, S.** & Varvantakis, C. (2017). Youth tubing the Greek crisis: A cultural-historical perspective. In: Michalis Kontopodis; Christos Varvantakis and Christoph Wulf, eds. *Global Youth in Digital Trajectories*. Abingdon, Oxford; New York, NY: Routledge, pp. 69-95. ISBN 978-1-138-23603-5
28. Sools, A., **Triliva, S.**, & Fillipas, T. (2017). The role of desired future selves in the creation of new experience: The case of Greek unemployed young adults. *Style*, 51(3), 318-336. <https://doi.org/10.5325/style.51.3.0318>
29. Sools, A., **Triliva, S.**, Fragkiadaki, E., & Tzanakis, M. (2017). De casus van het Griekse Referendum in 2015: Persoonlijke toekomstverbeelding als prospectief reflectie-instrument. *Tijdschrift positieve psychologie*, 2(10), 26-31.
30. Marvakis, A., **Triliva, S.**, & Tourtouras, C. (2017). Neoliberalismus (nichtnur) in Griechenland und seine Konsequenzen für die Psychologie: Neue Arbeitsregime, neue Psychologinnen. *Journal für Psychologie*, Jg. 24

31. Karakoula, P., & **Triliva, S.** (2016). Narcissistic Vulnerability and Addiction: Findings from a Study of People in Treatment. *Journal of Drug Issues*, 46(4), 396–410. <https://doi.org/10.1177/0022042616659761>
32. Koutra, K., Simos, P., **Triliva, S.**, Lionis, C., & Vgontzas, A. N. (2016). Linking family cohesion and flexibility with expressed emotion, family burden and psychological distress in caregivers of patients with psychosis: A path analytic model. *Psychiatry research*, 240, 66–75. <https://doi.org/10.1016/j.psychres.2016.04.017>
33. Koutra, K., **Triliva, S.**, Roumeliotaki, T., Basta, M., Lionis, C., & Vgontzas, A. N. (2016). Family Functioning in First-Episode and Chronic Psychosis: The Role of Patient's Symptom Severity and Psychosocial Functioning. *Community mental health journal*, 52(6), 710–723. <https://doi.org/10.1007/s10597-015-9916-y>
34. Marvakis, A., Triliva, S. & Tourtouras, Chr. (2016). *Neoliberalismus (nicht nur) in Griechenland und seine Konsequenzen für die Psychologie: Neue Arbeitsregime, neue PsychologInnen.* *Journal für Psychologie*, 24(2), PsychologInnen prekär Available: <https://www.journal-fuer-psychologie.de/index.php/jfp/article/view/410/449>
35. Koutra, K., **Triliva, S.**, Roumeliotaki, T., Basta, M., Simos, P., Lionis, C., & Vgontzas, A. N. (2015). Impaired family functioning in psychosis and its relevance to relapse: A two-year follow-up study. *Comprehensive psychiatry*, 62, 1–12. <https://doi.org/10.1016/j.comppsy.2015.06.006>
36. Koutra, K., **Triliva, S.**, Roumeliotaki, T., Lionis, C., & Vgontzas, A. N. (2015). Identifying the socio-demographic and clinical determinants of family functioning in Greek patients with psychosis. *The International journal of social psychiatry*, 61(3), 251–264. <https://doi.org/10.1177/0020764014540151>
37. Simpson, J., **Triliva, S.**, Thomas, C., Chatzidamianos, G., & Murray, C. (2015). Living with a long-term physical health condition: Psychological experiences of older lifestyle migrants. *The European Health Psychologist*, 17(2), 72-78.
38. **Triliva, S.**, Varvantakis, C., & Dafermos, M. (2015). YouTube, young people, and the socioeconomic crises in Greece. *Information, Communication and Society*, 18(4), 407-423. <https://doi.org/10.1080/1369118X.2014.953564>
39. Koutra, K., Economou, M., **Triliva, S.**, Roumeliotaki, T., Lionis, C. & Vgontzas, A. N. (2014). Cross-cultural adaptation and validation of the Greek version of the Family Questionnaire (FQ) for assessing expressed emotion. *Comprehensive Psychiatry*, 55, 1038-1049. <https://doi.org/10.1016/j.comppsy.2014.02.017>

40. Koutra, K., **Triliva, S.**, Roumeliotaki, T., Stefanakis, Z., Basta, M., Lionis, C., & Vgontzas, A. N. (2014). Family functioning in families of first-episode psychosis patients as compared to chronic mentally ill patients and healthy controls. *Psychiatry research*, 219(3), 486–496.
<https://doi.org/10.1016/j.psychres.2014.06.045>
41. Koutra, K., Vgontzas, A. N., Lionis, C., & **Triliva, S.** (2014). Family functioning in first-episode psychosis: A systematic review of the literature. *Social psychiatry and psychiatric epidemiology*, 49(7), 1023–1036. <https://doi.org/10.1007/s00127-013-0816-6>
<https://doi.org/10.1007/s00127-013-0816-6>
42. **Triliva, S.**, Anagnostopoulou, T., & Vleioras, G. (2014). Sensitizing children to the social and emotional mechanisms involved in racism: A program evaluation. *International Journal of Emotional Education*, 6(2), 3-20.
43. **Triliva, S.** & Georga, A. (2014). Austerity and precarity: The social milieu creeps into the psychotherapeutic context. *Rivista di Psicologia Clinica*, 1, 140-153.
44. Dafermos, M., Marvakis, A., Mentinis, M., Painter, D., & **Triliva, S.** (2013). This world is not enough: The dialectics of critical psychology. *Annual Review of Critical Psychology*, 10, 1-3.
45. Fragkiadaki, E., **Triliva, S.**, Balamoutsou, S., & Prokopiou, A. (2013). The path towards a professional identity: An IPA study of Greek family therapy trainees. *Counseling and Psychotherapy Research*, 13(4), 290-299.
<https://doi.org/10.1080/14733145.2013.768287>
46. Karakoula, P., **Triliva, S.**, & Tsaousis, I. (2013). Description of the basic psychometric characteristics and the factor structure of the Greek version of the Pathological Narcissism Inventory. *Hellenic Journal of Psychology*, 20(2), 160-175.
47. Koutra, K., Basta, M., Roumeliotaki, Z., Stefanakis, Z., **Triliva, S.**, Lionis, C., & Vgontzas, A. N. (2013). Family functioning, expressed emotion and family burden in relatives of first-episode and chronic patients with schizophrenia and bipolar disorder: Preliminary findings. *European Psychiatry*, 28 (Suppl. 1), 1. [https://doi:10.1016/S0924-9338\(13\)76410-1](https://doi:10.1016/S0924-9338(13)76410-1)
48. Papadopoulou, D., & **Triliva, S.** (2013). Personal and familial impingements in the decision-making processes of undergraduate psychology students: A qualitative study [in Greek]. *Review of Counselling and Guidance*, 101, 224-237.
49. **Triliva, S.** (2013). The business of change in systemic psychotherapy: Can change agents encompass the crisis-ridden wider social systems in their praxis? *Annual Review of Critical Psychology*, 10, 13-18.
50. **Triliva, S.**, Fragkiadaki, E. & Balamoutsou, S. (2013). Forging partnerships for mental health: The case of a prefecture in crisis ravaged Greece. *European Journal of Psychotherapy, Counselling and Health*, 15(4), 375-390.
<https://doi.org/10.1080/13642537.2013.849275>

51. Koutra, K., **Triliva, S.**, Roumeliotaki, T., Lionis, C., & Vgontzas, A. N. (2013). Cross-Cultural Adaptation and Validation of the Greek Version of the Family Adaptability and Cohesion Evaluation Scales IV Package (FACES IV Package). *Journal of Family Issues*, 34(12), 1647-1672.
<https://doi.org/10.1177/0192513X12462818>
52. Leontopoulou, S., & **Triliva, S.** (2012). Explorations of subjective wellbeing and character strengths among a Greek university student sample. *International Journal of Wellbeing*, 2(3), 251-270. <https://doi:10.5502/ijw.v2.i3.6>
53. **Triliva, S.**, & Brusten, K. (2011). From icon to person: Findings from a qualitative study of motherhood in Crete. *Europe's Journal of Psychology*, 7(4), 640-663.
54. Giovazolias, T., Leontopoulou, S., & **Triliva, S.** (2010). Assessment of Greek university students' counselling needs and attitudes: An exploratory study. *International Journal for the Advancement of Counselling*, 32(2), 101-116. <https://doi.org/10.1007/s10447-010-9092-2>
55. **Triliva, S.** (2010). Women's subjective experiences of food and eating on the island of the "Mediterranean diet". *Europe's Journal of Psychology*, 6(4), 170-191.
56. **Triliva, S.**, Anagnostopoulou, T., Hatzinikolaou, S., Chimienti, G., & Mastorakou, A. (2009). The development and evaluation of a program to sensitize Greek grammar school students to issues relating to disability. *European Journal of Counselling Psychology*, 1(1), 3-17.
57. Velikis, I., Anagnostopoulou, T., Mastorakou, A., **Triliva, S.**, & Gouva, M. (2009). The relationship between experiences of abuse and neglect in childhood, alexithymia and health problems in university students [in Greek]. *Hellenic Journal of Nursing*, 48(3), 325-331.
58. **Triliva, S.**, & Dafermos, M. (2008). Philosophical dialogues as paths to a more "positive psychology". *Journal of Community and Applied Social Psychology*, 18(1), 17-38. <https://doi.org/10.1002/casp.909>
59. Prokopiou, A., **Triliva, S.**, & Digridakis, M. (2007). Sustaining the dialogue by co-creating the sequence of meanings: A post-modern systemic approach developed within a Greek therapeutic context. *Journal of Family Psychotherapy*, 18(4), 61-79. https://doi.org/10.1300/J085v18n04_05
60. Dafermos, M., Marvakis, S., & **Triliva, S.** (2006). (De)constructing psychology in Greece. *Annual Review of Critical Psychology*, 5, 180-191.
61. **Triliva, S.**, & Poulou, M. (2006). Greek Teachers' Understandings and Constructions of What Constitutes Social and Emotional Learning. *School Psychology International*, 27(3), 315-338.
<https://doi.org/10.1177/0143034306067303>
62. Zira, M., & **Triliva, S.** (2005). Co-dependence: A controversial construct [in Greek]. *Child and Adolescent: Mental Health and Psychopathology*, 7(1), 45-65.

63. **Triliva, S.**, & Poulou, M. (2004). Emotional intelligence: Definitions, conceptual models and reflections [in Greek]. *Eleftherna, 1*, 275-295.
64. **Triliva, S.**, & Stalikas, A. (2004). The use of psychological tests and measurements by psychologists in the role of counsellor in Greece. *Counselling Psychology Review, 19*(4), 32-39.
65. Roussi, P., Avdi, E. & **Triliva, S.** (2003). Psychodynamic and cognitive-behavioral counseling with people experiencing health problems: Points of convergence and divergence [in Greek]. *Psychology, 10*, 378-398.
66. **Triliva, S.**, & Chimienti, G. (2000). Heterogeneity in behavior patterns in children belonging to groups with variant levels of peer acceptance [in Greek]. *Psychology, 7*(1), 134-149.
67. **Triliva, S.**, & Chimienti, G. (1996). The evaluation of a social and emotional learning curriculum in Greek primary schools [in Greek]. *Psychological Issues, 7*(1), 52-65.
68. Chimienti, G. & **Triliva, S.** (1995). Cognitive and behavioral changes following social skills training with Greek and Lebanese elementary school children. *International Journal of Mental Health, 23*, 53-68.
<http://www.jstor.org/stable/41344701>
69. **Triliva, S.** & Chimienti, G. (1993). The relationship between behavior and sociometric positioning in Greek 3rd and 4th graders [in Greek]. *Psychological Issues, 6*(1), 39-58.
70. **Triliva, S.** (1991). The use of genogram in family therapy [in Greek]. *Psychological Issues, 4*(4), 353-361.

Book Chapters

1. Vavvos, A., & **Triliva, S.** (2022). Protesting against property foreclosures in a fragmented social-political sphere: An action-oriented model. In C. Walker, S. Zlotowitz, & A. Zoli (Eds.), *The Palgrave Handbook of Innovative Community and Clinical Psychologies* (pp. 79-99). London: Palgrave Macmillan.
2. **Triliva, S.** & Marvakis, A. (2019). Neoliberal Psy-Practices in Greece. In: L. Huerta & J. M. F. Osorio (Eds.). *Las ciencias sociales al otro lado del discurso neoliberal*. Puebla, México: Benemérita Universidad Autónoma de Puebla.
3. Dafermos, M., **Triliva, S.**, & Varvantakis, C. (2017). Youth tubing about the Greek crisis: A cultural historical perspective. In M.Kontopodis, C. Varvantakis, & C. Wulf, (Eds.). *Global youth in digital trajectories* (pp. 69-96). London: Routledge.

4. **Triliva, S.**, & Marvakis, A. (2017). Neo-liberal psy-practices in Greece. In L. Huerta & J. M. F. Osorio (Eds.), *Las ciencias sociales: Al otro lado del discurso neoliberal*. Puebla, México: Benemérita Universidad Autónoma de Puebla.
5. Fragkiadaki, E. & **Triliva, S.** (2014). The therapist's experience of therapeutic relationship at the time of termination. In P. T. Fenton (Ed.), *Psychoanalytic theory: Perspectives, techniques and social implications* (pp. 184-205). New York: Nova Publishers. ISBN: 978-1-63321-313-5
6. Marvakis, A., Motzkau, J., Painter, D., Ruto-Korir, R.C., Sullivan, G., **Triliva, S.**, & Weiser, M. (Eds.). (2013). *Doing psychology under new conditions*. Concord: Captus. [ISBN 978-1-55322-279-8. Names in alphabetical order]
7. **Triliva, S.** & Stalikas, A. (2012). The use of psychological tests and assessment tools in Greece [in Greek]. In A. Stalikas, S. Triliva, & P. Roussi (Eds.), *Psychometric instruments in Greece* (pp. 99-115). Athens: Pedio.
8. **Triliva, S.** & Chatzinikolaou, S. (2011). Promoting emotional development and mental health [in Greek]. In A. Matsopoulos (Ed.), *From risk to resilience: interventions for schools and families* (pp. 172-258). Athens: Papazisi.
9. **Triliva, S.** & Dafermos, M. (2008). The role of ethical sensitivity and standards of conduct in professional practice [in Greek]. In T. Anagnostopoulou (Ed.), *Ethical issues in psychology* (pp. 51-90). Thessaloniki: Institute of Psychology and Health.
10. **Triliva, S.**, & Marvakis, A. (2007). Community psychology initiatives in Greece. In S. Reich, M. Riemer, I. Priletensky, & M. Montero (Eds.), *International community psychology: History and theories* (pp. 365-377). New York: Springer.
11. **Triliva, S.** & Chimienti, G. (2004). Complementing traditional modes of education: Volunteerism and service learning in the community [in Greek]. In S. Kalantzi-Azizi and M. Zafeiropoulou (Eds.), *Adjustment in school: preventing and intervening when difficulties arise* (pp. 439-479). Athens: Ellinika Grammata.
12. Mamalakis, G. & **Triliva, S.** (2002). Life Orientation Test-LOT (Greek version) [in Greek]. In A. Stalikas, S. Triliva, & P. Roussi (Eds.), *Psychometric tools in Greece* (pp. 334-335). Athens: Ellinika Grammata.
13. Mamalakis, G. & **Triliva, S.** (2002). Life Orientation Test-Revised-LOT-Revised (Greek Version) [in Greek]. In A. Stalikas, S. Triliva, & P. Roussi (Eds.), *Psychometric tools in Greece* (pp. 336-337). Athens: Ellinika Grammata.
14. Mamalakis, G. & **Triliva, S.** (2002). Unrealistic Optimism Scale [in Greek]. In A. Stalikas, S. Triliva, & P. Roussi (Eds.), *Psychometric tools in Greece* (pp. 299-300). Athens: Ellinika Grammata.

15. Roussi, P., **Triliva, S.** & Kioseglou, G. (2002). Coping Orientation to Problems Experienced- COPE(Greek Version) [in Greek]. In A. Stalikas, S. Triliva, & P. Roussi (Eds.), *Psychometric tools in Greece* (pp. 289-290). Athens: EllinikaGrammata.
16. **Triliva, S.** (2002). Personal Authority in the Family System Questionnaire (Greek Version) [in Greek]. In A. Stalikas, S. Triliva, & P. Roussi (Eds.), *Psychometric tools in Greece* (pp. 376-377). Athens: Ellinika Grammata.
17. **Triliva, S.** (2002). Ego Identity Scale (Greek version) [in Greek]. In A. Stalikas, S. Triliva, & P. Roussi (Eds.), *Psychometric tools in Greece* (pp. 310-311). Athens: Ellinika Grammata.
18. **Triliva, S.** & Roussi, P. (2002). Ethical issues in psychological assessment [in Greek]. In A. Stalikas, S. Triliva, & P. Roussi (Eds.), *Psychometric tools in Greece* (pp. 45-70). Athens: Ellinika Grammata.
19. **Triliva, S.** & Karampetsou, A. (2001). The implementation of a program aiming to enhance the social-emotional skills of young people with intellectual disabilities [in Greek]. In A. V. Riga (Ed.), *Practicum experiences of psychology undergraduates: Organizing, implementing, and creating future prospects* (pp. 89-95). Athens: Ellinika Grammata.
20. **Triliva, S.**, Vasilaki, E., & Chimienti, G. (2001). Anxiety, depression and coping strategies in Greek lyceum students [in Greek]. In E. Vasilaki, S. Triliva, & E. Bezevegis (Eds.), *Stress, anxiety and coping* (pp. 127-143). Athens: Ellinika Grammata.
21. Tsagarakis, M., **Triliva, S.**, & Papadakis-Michaelidi, E. (2002). Experiences in Close Relationships (Greek version) [in Greek]. In A. Stalikas, S. Triliva, & P. Roussi (Eds.), *Psychometric tools in Greece* (pp. 355-356). Athens: Ellinika Grammata.
22. Vasilaki, E., **Triliva, S.** & Bezevegis, E. (2001). Stress and coping: An introduction [in Greek]. In E. Vasilaki, S. Triliva, & E. Bezevegis (Eds.), *Stress, anxiety and coping* (pp. 9-25). Athens: EllinikaGrammata.
23. **Triliva, S.** (2000). Introduction to the applications of “emotional intelligence”: Conflict control [in Greek]. In N. Petropoulos & A. Papastylianiou (Eds.), *Challenges within the school communities: Research and intervention* (pp. 373-389). Athens: Ministry of Education and Religion/Pedagogical Institute.
24. **Triliva, S.** & Roussi, P. (2000). Dimensions of emotional intelligence [in Greek]. In A. Kalantzi-Azizi, & E. Bezevegis (Eds.), *Issues in training and sensitizing mental health professionals who work with children and adolescents* (pp. 201-214). Athens: Ellinika Grammata.
25. **Triliva, S.** (1997). Developing skills for leading a better life [in Greek]. In M. Pourkos (Ed.), *Students’ individual differences and alternative psychoeducational approaches* (pp. 303-312). Athens: Gutenberg.

26. **Triliva, S.** (1992). Theme-centered group therapy for children with aggressive tendencies [in Greek]. In I. N. Nestoros (Ed.), *Aggression in the family, school and community* (pp. 353-362). Athens: Ellinika Grammata.

Article in Peer-Reviewed Conference Proceedings

1. Matsopoulos, A., & **Triliva, S.** (2007). From risk to resilience: Programs for the enhancement of social-emotional skills for all children in schools. In M. Tzouriadou (Ed.), *Proceedings of the European Dimension of Special Education: Emergence of a different profile* (pp. 255-265). Thessaloniki: University Studio Press.

Other Published Work

1. **Triliva, S.**, Kontopodis, M., Dafermakis, M., & Varvantakis, C. (Eds.) (2013). *Cross-cultural/trans-national field research ethics guide in the social sciences*. Athens, Greece: DIGIT-M-ED. (open-access, <http://digitmed.wordpress.com/>).
2. **Triliva, S.**, Anagnostopoulou, T., Marvakis, A., & Pavlou, M. (2012). *A plan for action in fighting racism, discrimination and violence in schools: Educators' guide* [in Greek]. Athens: Ministry of Education, Lifelong Learning and Religion. (<http://www.ekt.gr/info-serv/diglib/>)
3. **Triliva, S.**, Anagnostopoulou, T., Mentinis, M., Mpouhouna, S., Pavlou, M. (2012). *A plan for action in fighting racism, discrimination and violence in schools: Recording and assessing educators' needs* [in Greek]. Athens: Ministry of Education, Lifelong Learning and Religion.
4. **Triliva, S.**, Anagnostopoulou, T., Parsanoglou, D., Mentinis, M., Marvakis, A., Kalogeridou, O., & Pavlou, M. (2011). *A plan for action in fighting racism, discrimination and violence in schools: Recording interventions in Greek schools*[in Greek]. Athens: Ministry of Education, Lifelong Learning and Religion.
5. **Triliva, S.**, Anagnostopoulou, T., & Pavlou, M. (2011). *A plan for action in fighting racism, discrimination and violence in schools: Recording effective interventions in countries around the world* [in Greek]. Athens: Ministry of Education, Lifelong Learning and Religion.
6. Anagnostopoulou, T., **Triliva, S.** & Hatzinikolaou, S. (2007). *Learning to co-exist: A mental health promotion program focusing on social skills* (DVD) [in Greek]. Thessaloniki: Ministry of Education, Lifelong Learning and Religion (Operational Programme for Education and Initial Vocational Training II) and National Institute of Youth.

7. Anagnostopoulou, T., **Triliva, S.**, Hatzinikolaou, S., & Chimienti, G. (2004). *Neither better nor worse, just different* [in Greek]. Athens: Ministry of Education, Lifelong Learning and Religion and National Institute of Youth, O.P. Education and Initial Vocational Training II (Supporting initiatives to promote health).
8. **Triliva, S.**, Vasilaki, E. & Chimienti, G. (1998). Stress, depression and coping in high school students studying for the Greek university entrance exams. In R. Schwarzer (Ed.), *Advances in health psychology research* [CD-ROM]. Berlin: Freie Universität Berlin, Institut für Arbeits-, Organisations- und Gesundheitspsychologie.
9. **Triliva, S.** (1993). Families and drug addiction [in Greek]. In E. Anifantaki & C. Lionis (Eds.), *Preventing drug use and abuse: The schools' and educators' roles* (pp. 36-39). Rethymnon: Drug Prevention Network of Rethymnon. Edited Published Work
10. Dafermos, M., Marvakis, A., Mentinis, M., Painter, D., & **Triliva, S.** (Eds.). (2013). Special Issue "Critical psychology in a changing world: Building bridges and expanding the dialogue". *Annual Review of Critical Psychology, 10*. (<http://www.discourseunit.com>). [Names in alphabetical order]
11. Marvakis, A., Motzkau, J., Painter, D., Ruto-Korir, R.C., Sullivan, G., **Triliva, S.**, & Weiser, M. (Eds.). (2013). *Doing psychology under new conditions*. Concord: Captus. [ISBN 978-1-55322-279-8. Names in alphabetical order]
12. Anagnostopoulou, T., & **Triliva, S.** (Eds.). (2012). *Nancy McWilliams, Psychoanalytic diagnosis: Understanding personality structure in the clinical process* (Revised Edition) [Greek translation]. Thessaloniki: Institute of Psychology and Health. [ISBN 978-960-873-104-2]
13. Stalikas, A., **Triliva, S.**, & Roussi, P. (Eds.). (2012). *Psychometric instruments in Greece: A compilation and description of the questionnaires, tests, and assessment batteries used in Greece* [in Greek]. Athens: Pedio. [ISBN 978-960-546-081-5]
14. Dafermos, M., Marvakis, S., & **Triliva, S.** (Eds.). (2006). Special Issue "Critical psychology in a changing world: Contributions from different geo-political regions". *Annual Review of Critical Psychology, 5*.
15. Stalikas, A., **Triliva, S.**, & Roussi, P. (Eds.). (2002). *Psychometric instruments in Greece* [in Greek]. Athens: Ellinika Grammata.
16. Vasilaki, E., **Triliva, S.**, & Mpezebegis, E. (Eds.). (2001). *Stress, anxiety and coping* [in Greek]. Athens: Ellinika Grammata. [ISBN 978-960-393-905-4]
17. Anagnostopoulou, T., & **Triliva, S.** (Eds.). (2000). *Nancy McWilliams, Psychoanalytic diagnosis* [Greek translation]. Athens: Ellinika Grammata.

COURSES TAUGHT & SUPERVISION OF STUDENTS

- **Graduate Courses** | Sept. 2004 - present
 - *Introduction to Counseling and Therapy Skills*
 - *Systems Theory as it is applied to psychotherapeutic interventions*
 - *Childhood Psychopathology*
 - *Psychotherapeutic Interventions in Childhood and Adolescence*
 - *Prevention and Mental Health Promotion I & II*
 - *Families and Addiction: Post-Modern*
 - *Post-Modern Family Therapy Interventions in Addictions*
 - *Laboratory: Interventions in Families Facing the Challenges of Addictions*
 - *Qualitative Methodologies in the Addiction Research*
 - *Hybrid Course: Family Therapy, in collaboration with Dr. Bitra Ghafoori, California State University, Long Beach*
 - *Erasmus Mundus Flourish*

- **Undergraduate Courses** | Sept. 1990 - present
 - *Interviewing Techniques in research and clinical work*
 - *Psychometrics*
 - *Psychoanalytic Theories of Personality Development*
 - *Psychopathology of Childhood and Adolescence*
 - *Systemic Epistemic Thought: Families and Family Psychotherapy*
 - *Ethics and Psychology*
 - *Psychoanalytic Theory and Character Pathology*
 - *Developmental Psychology: Childhood and Adolescence*
 - *Developmental Psychology: Life-Span Perspectives*
 - *Positive Psychology Seminar*
 - *Community Psychology Seminar: Theory, research and interventions*
 - *Laboratory in Community Psychology: Research and Practice (Service Learning)*
 - *Mental Health and Community: Qualitative Research and Critical Perspectives*
 - *Adult Psychopathology*
 - *New Media in Clinical Psychology*
 - *Laboratory in Community Psychology: Research and Praxis*
 - *Society, Community and Mental Health: Research and Service Learning via Community Outreach*

- *Interviewing: Principles and Practices*
- *Community Psychology*
- *The Social Self, Identity, and Everyday Life*

- **Supervision of Doctoral, Master's, and Undergraduate Theses**
- **Supervision of Practicums (graduate and undergraduate)**

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- 1987– *American Psychological Association*
- 1995– *Hellenic Psychological Society*
- 2003– *International Family Therapy Association*
- 2004– *Community Psychology Network*
- 2005– *European Family Therapy Association*
- 2011– *Society for Psychotherapy Research*

RESEARCH INTERESTS

My research focuses on community practices found to enhance wellbeing through dialogue that challenges oppressive social, relational and cultural conditions, and which can lead to group solidarity and reciprocity. During the past 'crises' years, my research has focused on how mental health services and professionals perform their work in contexts where social and other forms of upheaval prevail.

RESEARCH SUPPORT

1. *RESILIAGE- Advancing holistic understanding of community RESILience and heritAGE drivers through community-based methodologies*

Funding source: Horizon RIA (2023)
Role: Research Partner University of Crete
Research Focus: RESILIAGE's mission is to provide novel knowledge and impactful solutions for exploiting Europe's hidden and unused resource: community resilience

2. *MOVING- Mountain Valorization through Interconnectedness and Green Growth (2020-2024)*

Funding source: Horizon 2020
Role: Research Partner within the University of Crete Team.

Research focus: Mountain communities, community of practice, sustainability, and value chains.

3. SIGMA-Nexus - Sustainable Innovation and Governance in the Mediterranean Area for the WEF Nexus (2019-2024)

Funding source: The PRIMA program and the European Commission

Role: Research Partner within University of Crete team.

Research focus Water-Energy-Food-Ecosystems Nexus understandings and sustainability in farming communities: qualitative methods in research designs

4. EMBRACE HE-Enabling Mental Health Benefits: resilience, achievement, competencies and engagement in improved higher education policy and practice for student wellbeing(2019- 2022)

Funding source: European Commission, ERASMUS+

Role: PI University of Crete team

5. Teaching, research and professionalization in the field of clinical psychological digital interventions (2020-2022)

Funding source: Deutscher Akademischer Austauschdienst

Collaboration: Freie Universität Berlin, University of Crete, and Aristoteles University Thessaloniki

Role: PI

Focus: The aim of the German-Greek university partnership is the professionalization, further training and strengthening the international competitiveness of Greek graduate and undergraduate students. This is to be achieved through transnational cooperation in teaching and research within the framework of a teaching research project for development, evaluation and implementation of a transdiagnostic Internet-based intervention for adults confronting emotional challenges.

6. Post-Corona Futures Project(2020- present)

University of Twente- Story Lab

This project groups three studies on the way we deal with the future in corona times.

Study 1: "Will the Future Never be the Same? Letters from a Post-Corona Future"

Study 2: How Future Perspectives Evolve During the COVID-19 Crisis: A Longitudinal Study

Study 3: Anticipatory Moral Imagination in Corona Times: A Study Based on Drawings

7. Mentally- Improving access to mental health care and mental health literacy

Funding source: EU PP-2-2-2016

Role: Research partner within the University of Crete team

8. Digital Communication Media in Clinical Psychology |2016-2019

Funding source: Deutscher Akademischer Austauschdienst - DAAD

Role: Program coordinator on behalf of the University of Crete

9. System for Monitoring the Labor Market and Identifying Skills Demand

Funding source: EU Operation Program “Crete”, 2014-2022

Aim: Develop strategies to aid unemployed youth to re-integrate into the job market in Crete, matching their needs for “reskilling” to the skills demand of the local economy.

In collaboration with Dr. V. Tzouvelekas (Department of Economics), Dr. N. Papadakis and Dr. K. Pigounakis (Department of Political Science), the Administrators of the Region of Crete, University of Crete’s Public Opinion Research Unit, and local stakeholders.

10. Future Narratives during Difficult Times: A Qualitative Study of the Lives of Unemployed Young People in Greece

Funding source: University of Crete Research Committee

Completed research: *Futuring and the Greek Referendum Vote of 2015.*

Aim: Implementing narrative futuring and examining its potential to enhance resilience and promote hope.

In collaboration with Dr. Anneke Sools (Twente University, the Netherlands), Dr. Eva Fragkiadaki, Dr. Manolis Tzanakis (Department of Sociology, University of Crete), and Dr. Miltiades Hadjisosif (University of West of England).

11. Global Perspectives on Learning and Development with Digital Video-Editing Media: A Qualitative Inquiry in Everyday Lives of Marginalized Young People

June 2012 – June 2014

Funding source: FP7-PEOPLE-2012, Marie Curie Actions -IRSES - International Research Staff Exchange Scheme

Aim: An international research staff exchange that contributed to advancing the current understandings of the potential of multimedia and digital filming for teaching, learning, and youth empowerment – a topic with major implications for Europe and the whole world.

Partner Universities: University of Crete (Coordinators: Manolis Dafermakis, Sofia Triliva), Free University Berlin, Institute of Education/University of London, Moscow State University of Psychology and Education, Jawaharlal Nehru University, and Pontifícia Universidade Católica de São Paulo.

12. Preventing Prejudice, Discrimination, Racism, and Violence in Greek Public Schools: A Plan for Action | Oct. 2010 - Apr. 2012

Funding source: Operational Programme “Education and Lifelong Learning”

Aim: Support planning and implementing a national strategy to eliminate educational inequalities and exclusion, as well as discrimination and racism.

In collaboration with i-RED: Institute for Rights Equality and Diversity.