

Anastasia Filippopoulou is a child psychiatrist and psychotherapist for children, adolescents and adults.

She graduated from the Medical School of the National and Kapodistrian University of Athens and was subsequently awarded with honors a postgraduate degree (MSc) in "Liaison Psychiatry-Distinct Physical and Mental Health Care" from the same department.

She got specialized in the University Psychiatric Clinic of the "Attikon" General Hospital, the Psychiatric Clinic of the "Agios Panteleimon" General Hospital of Nikaia - "Agia Varvara", the University Psychiatric Clinic and the Neurological Clinic of the University General Hospital of Alexandroupolis, the Department of Child and Adolescent Psychiatry of the "Asklipio" General Hospital and the University Child and Adolescent Psychiatric Clinic of the "Agia Sophia" Children's Hospital. She also worked as a psychiatrist at the Day Center and the Mobile Unit of Fokida of the P. Sakellaropoulos Association of Social Psychiatry.

She has attended numerous educational clinical and psychotherapeutic programs (clinical psychodynamics of adolescence, cognitive-behavioral therapy, systemic-family therapy, clinical application of psychometric tools, psychoeducational techniques in psychotherapy, support for adolescents with symptoms of gender dysphoria or gender incongruence, child drawing analysis, parent training, Mindfulness techniques in children and adolescents with emotional and neurodevelopmental disorders, CFT- compassion-focused therapy, motivational interviewing, etc.).

She has attended a special postgraduate training program in "Detection, Diagnosis and Treatment of Infants, Children and Adolescents with Attention Deficit Hyperactivity Disorder", from the Developmental & Behavioral Pediatrics Unit, First Pediatric Clinic of the National University of Athens and the Hellenic Society for the Study of ADHD.

She participates in the Four-Year International Postgraduate Program in Counseling and Psychotherapy: Systemic, Narrative and Collaborative-Dialogic Approach, organized by the Center for Lifelong Learning (KEDIVIM) of the National and Kapodistrian University of Athens (NKUA).

She has published articles in both Greek and foreign scientific journals and has participated in a large number of conferences and meetings, having presented scientific papers and announcements.

She is a member of the Hellenic Society of Child and Adolescent Psychiatry and the Hellenic Psychiatric Association. She works at her private practice and collaborates with Special Treatment Centers for children, adolescents and their families.