

Spyros Antonatos – Psychiatrist, Psychotherapist

Specialist Psychiatrist with many years of clinical experience, a graduate of the *Medical School of the University of Athens* and holder of a *PhD in Medicine* (Dissertation topic: *The study of food intake and food choice, Pharmacological intervention* — grade: “excellent”). In parallel, I have extensive training and experience in psychoanalysis. I have served for many years in the National Health System as a Senior Registrar (Consultant A') in the Psychiatric Department of the “Korgialenio–Benakeio, Hellenic Red Cross” General Hospital, and since then I have been working in the private sector with an emphasis on psychodynamic psychotherapy and dynamic psychopharmacology.

At the same time, I work as **Psychiatrist at the ANASA Eating Disorders Center**, providing comprehensive psychiatric care to individuals with eating disorders, using a combined psychodynamic and biological approach.

As well, I maintain my own official website, www.psychiatry-pulse.gr, where I present my clinical work, therapeutic approach, and scientific activity.