

Curriculum Vitae

Bali Panagiota

Education

2026: PhD in Psychiatry – Forensic Psychiatry, *Medical School, National and Kapodistrian University of Athens*

2017: MSc in Mental Health Promotion and Prevention of Psychiatric Disorders
Medical School, National and Kapodistrian University of Athens

2015: MSc in Mental Health, *Faculty of Nursing, National and Kapodistrian University of Athens*

2011: BSc in Psychology, *Department of Psychology, Panteion University of Social and Political Sciences, Athens*

Work Experience

September 2023 – present

Psychologist – Family Therapist | *Early Intervention Unit for Psychosis “Piraeus 33”, Athens*

February 2018 – present: Psychologist – Scientific Associate | *Master’s Program in “Forensic Psychiatry”, School of Medicine, National and Kapodistrian University of Athens*

September 2016 – present: Psychologist – Psychotherapist (Self-employed) | *Private Practice, Athens*

2015 – 2016: Human Resources Consultant | *ISON Psychometrica, Athens*

September 2012 – present: Psychologist – Scientific Associate | *Department of Forensic Psychiatry, 2nd Department of Psychiatry, University General Hospital “Attikon”*

2013 – 2014: Internship and Volunteer Work | *Department of Psychiatry, General Oncology Hospital of Kifissia “Agioi Anargyroi”*

2011 – 2014: Psychologist (Volunteer Work) | *Mental Health Center, Peristeri – Adult Department, Psychiatric Hospital of Attica (Dafni)*

Teaching Experience

2016 – present: *Master’s Program “Forensic Psychiatry”, School of Medicine, National and Kapodistrian University of Athens*

2016 – present: Tutor, *Distance Learning Program (e-Learning), National and Kapodistrian University of Athens*. Subjects: *Criminal Psychology, Domestic Violence, Juvenile Delinquency, Crimes Against Life, Homicides and Victims, De-escalation Techniques in Psychiatry*

2020 – present: Lecturer, *Department of Psychology, Panteion University of Social and Political Sciences*. Course: *Criminal Psychology: Current Issues in Forensic Psychiatry*

2024: Guest Lecturer, *School of Further Education and Training, Hellenic Police Academy Seminar: Domestic Violence – Teaching module: Communication Skills, Emotional Management, and Empathy*. (Duration: 29 teaching hours)

2024: Guest Lecturer, *Department of Psychology, National and Kapodistrian University of Athens*

Course: *Mental Health Promotion – Subject: Mental Health Promotion of Prisoners*

2024: Guest Lecturer, *Master’s Program “Early Intervention in Psychosis”, School of Medicine, National and Kapodistrian University of Athens*

2023 – today: Guest Lecturer, *Master’s Program “Counselling”, National and Kapodistrian University of Athens*. Subject: *Psychiatric Interview, Anxiety disorders*.

2022 – present: Guest Lecturer, *Postgraduate Program “Forensic Pathology – Forensic Psychiatry”, Medical School, Aristotle University of Thessaloniki*
Subjects: *Domestic Violence; Quality of Life in Forensic Mental Health Patients*

2022: Lecturer, *Master’s Program “Clinical Mental Health”, Medical School, Aristotle University of Thessaloniki*. Subjects: *Domestic Violence, Family Therapy, Couples Therapy*

2021 – 2022: Lecturer, *Vocational Training Institute*
Courses: *Athletic Psychology; Introduction to Psychology*

2019: Lecturer, *Forensic Nursing Educational Programs, Hellenic Nurses Association*
Subject: *Criminal Profile*

Research Experience

February 2023 – present: Researcher, *European Program “VIPROM – Victim Protection in Medicine: Exploiting Practical Knowledge of Medical Staff to Enhance Multiprofessional Contact with Victims of Domestic Violence”*, in collaboration with the Hellenic Forensic Psychiatry Society

- Member of the professional group and researcher, actively participating in the project’s deliverables.

2021 – 2024: Researcher and Co-Leader of Deliverable 5 (Glossary). *European Scientific Network FOSTREN – Fostering and Strengthening Approaches to Reducing Coercion in European Mental Health Services*

- Clarification and specification of key terms and concepts related to coercion and associated phenomena, to enhance communication within the coercion reduction community.

2014 – 2020: Researcher, *European Research Study FemNAT-CD (Conduct Disorder in Children and Adolescents)*, 1st Psychiatric Clinic, Medical School, National and Kapodistrian University of Athens

- Conduct disorder study in children and adolescents aged 9–18.

2012 – 2016: Researcher, *Juvenile Court of Athens*, in collaboration with the Forensic Psychiatry Department, University General Hospital “Attikon”

- Research on adolescents with delinquent behavior.

Training

2024 – 2025: Training in Multifamily Therapy
University Research Institute of Mental Health, Aiginiteio Hospital (Athens)

2017 – 2021: Four-year Training Program in Systemic Family and Couple Therapy
University Research Institute of Mental Health, Aiginiteio Hospital (Athens)

2017: Training in Dialectical Behavior Therapy (DBT) – Foundational Training
Hellenic Society for Behavioral Research, in collaboration with *The Linehan Institute (Behavioral Tech)* and the *Hellenic Association for Cognitive Behavioral Studies*.
Instructors: *Anthony DuBose, PsyD*, Chief Training Executive, Behavioral Tech LLC; *Fragkiskos Gonidakis, MD, PhD*, Assistant Professor of Psychiatry, National and Kapodistrian University of Athens.

2017: Training Program “Positive Parents – Happy Children”
Parent training program for families with children aged 3–8 with behavioral problems.

2016: Training in the Administration and Interpretation of the MMPI-2 Personality Test

2015 – 2016: Training in Cognitive Psychotherapy

1st Department of Psychiatry, Aiginiteio Hospital, National and Kapodistrian University of Athens

October – December 2013: Seminar in Adolescent Psychiatry

1st Department of Psychiatry, Aiginiteio Hospital, National and Kapodistrian University of Athens

2012 – 2013: Advanced Seminar in Counseling Psychology

Department of Psychology, Panteion University of Social and Political Sciences, Athens

January – February 2012: Training Program “Health Promotion for Children of Parents with Mental Disorders – The Let’s Talk about Children Method”

“Aghia Sofia” Children’s Hospital, Athens

Publications

- **Bali, P.**, Chatzinikolaou, F., Karachaliou, E., Lickiewicz, J., Lantta, T., Tasios, K., Efstathiou, V., & Douzenis, A.

Recidivism among forensic psychiatric patients undergoing outpatient treatment for mental health disorders – A meta-analysis. International Journal of Law and Psychiatry,

- Efkeemann, S. A., Lickiewicz, J., Doedens, P., Lantta, T., **Bali, P.**, & Husum, T. L.

A scoping review on staff attitudes towards the use of coercion in mental healthcare. Healthcare (Basel, Switzerland),

12(16), 1552. <https://doi.org/10.3390/healthcare12161552>

- Karachaliou, E., Douzenis, P., Chatzinikolaou, F., Pantazis, N., Martinaki, S., **Bali, P.**, Tasios, K., & Douzenis, A.

Prisoners' perceptions and satisfaction with telepsychiatry services in Greece and the effects of its use on the coercion of mental healthcare. Healthcare (Basel, Switzerland),

12(10), 1044. <https://doi.org/10.3390/healthcare12101044>

- Rizavas, I., Gournellis, R., Douzenis, P., Efstathiou, V., **Bali, P.**, Lagouvardos, K., & Douzenis, A.

A systematic review on the impact of seasonality on severe mental illness admissions: Does seasonal variation affect coercion? Healthcare (Basel, Switzerland),

11(15), 2155. <https://doi.org/10.3390/healthcare11152155>

- Papadopoulou, A., Skyftou, K., Efstathiou, E., Gkikas, K., Kaloudi E., **Bali, P.**, Papazachos K., Tsaklaidou, D., Efstathiou, V. “Psychosocial factors and coping strategies associated with alcohol use during the COVID-19 pandemic” in: 31th European Congress of

- Psychiatry, 25-28 March 2023. (Abstract published in European Psychiatry Journal – Special Issue)
- Efstathiou, V., Gjika, M., Gkikas, K., Kaloudi E., **Bali, P.**, Papazachos K., Papadopoulou, A. “A comparative study of sexual functioning, depression, anxiety, self-esteem, well-being and close relationships among individuals with and without Diabetes Mellitus” in: 31th European Congress of Psychiatry, 25-28 March 2023. (Abstract published in European Psychiatry Journal – Special Issue)
 - Efstathiou, V., Samara. E, Efstathiou, E., Gkikas, K., Papazachos K., **Bali, P.**, Kaloudi E., Giannopoulou, I., Michopoulos, I., Papadopoulou, A. “Clinical and psychometric correlates of binge eating behaviors during the COVID-19 pandemic” in: 31th European Congress of Psychiatry, 25-28 March 2023. (Abstract published in European Psychiatry Journal – Special Issue)
 - Papadopoulou, A., Panopoulou, E., Kogolidou, G., Gkikas, K., **Bali, P.**, Kaloudi, E., Gournellis, R., Douzenis, A., Efstathiou, V. “Association of early traumatic experiences of sexual abuse with well-being, self-esteem, resilience and close relationships during adulthood” in: 31th European Congress of Psychiatry, 25-28 March 2023. (Abstract published in European Psychiatry Journal – Special Issue)
 - Malikentzou, N., Douzenis, A., Chatzinikolaou, F., **Bali, P.**, & Michopoulos, I. *Modern bioethical issues: Euthanasia, physician assisted suicide and abortion. Comparative study of attitudes between physicians and law professionals. Psychiatriki, 33(1), 49–55.* <https://doi.org/10.22365/jpsych.2021.043>
 - Pauli, R., Tino, P., Rogers, J. C., Baker, R., Clanton, R., Birch, P., Brown, A., Daniel, G., Ferreira, L., Grisley, L., Kohls, G., Baumann, S., Bernhard, A., Martinelli, A., Ackermann, K., Lazaratou, H., Tsiakoulia, F., **Bali, P.**, ... De Brito, S. A. *Positive and negative parenting in conduct disorder with high versus low levels of callous–unemotional traits. Development and Psychopathology, 33(3), 980–991.* <https://doi.org/10.1017/S0954579420000279>
 - Kalogerakis, Z., Lazaratou, H., Petroutsou, A., **Bali, P.**, Konsta, A., Pirlympou, M., Papadacos, L., Bechraki, A., & Dikaos, D. *Differences in verbal and performance IQ in conduct disorder: Research findings from a Greek sample. Journal of Psychiatry and Behavioral Sciences.*
 - **Bali, P.**, & Douzenis, A. *Adolescence and delinquent behavior.* In Artinopoulou, V., Vidali, S., Georgoulas, S., Themeli, O., Koulouris, N. K., & Papanikolaou, G. (Eds.), *Powers, scientific neutrality and criminological reason: 50 years Howard Becker "Whose side are we on?"* Athens: EEMEKE.
 - Tzeferakos, G., Papaliaga, M., Papageorgiou, C., **Bali, P.**, Douzenis, A. (2017). Criminal insanity and psychiatric diagnoses in Greek penal cases. *European Psychiatry, 41*, p. S593.
 - Tzeferakos, G., Papaliaga, M., Papageorgiou, C., **Bali, P.**, Douzenis, A. (2017). Demographic and criminal data among psychiatric patients in Greece. *European Psychiatry, 41*, p. S592-S593.

- Tzeferakos, G., Papaliaga, M., Papageorgiou, C., Douzenis, A., **Bali, P.** (2017). Agreement between psychiatric evaluations and court decisions concerning criminal responsibility. *European Psychiatry*, 41, p. S593.
- **Bali, P.**, & Douzenis, A. (2017). *Master's thesis: "The perception of the image of self – world – future in adolescents with delinquent behavior."* Health Science Library, National and Kapodistrian University of Athens.
- **Bali, P.** (2016). *Music therapy: The art that heals. Psychiatrodikastiki (Forensic Psychiatry Journal)*, 9, 48–49.
- **Kalemi, G., Bali, P., & Douzenis, A.** (2015). *Loneliness and suicidality. Encephalos*, 52(3), 57–66.
- **Bali, P., Bougadi, N., Reppa, G., Spanou, A., & Elvanidi, E.** (2013). *Expressive therapy or therapy through art.* In Potamianos, G., & Gkitakos, V. (Eds.), *Counseling Psychology: Reflections and Clinical Practices*. Athens: Papazisis Publications.
- **Bali, P. | Author** – *Distance Learning Program (e-Learning), National and Kapodistrian University of Athens*
Modules authored: *Criminal Psychology, Criminal Investigation: The Contribution of Psychology, Forensic Psychology – Forensic Psychiatry.*

Presentations, Conferences & Seminars

More than 50 oral and poster presentations and workshops at national and international conferences since 2012.

Scholarships & International Training

February 11 – 18, 2018

Scholarship Recipient, *State Scholarships Foundation (IKY)*

- Participation and training in *Forensic Psychiatry and Forensic Psychology* through the European Erasmus+ Program “On-the-job Training for Mental Health Professionals in Forensic Mental Health”, South London and Maudsley NHS Foundation Trust (100 hours of training).

January 18 – February 1, 2015

Scholarship Recipient, *State Scholarships Foundation (IKY)*

- Participation and training in *Forensic Psychiatry and Forensic Psychology* through the Leonardo da Vinci Program “On-the-job Training for Mental Health Professionals in Forensic Mental Health”, South London and Maudsley NHS Foundation Trust.

Languages

English – Excellent command

Certificate of Proficiency in English, University of Michigan

Italian – Good command

Certificato di Conoscenza della Lingua Italiana (Clida S2), Intermediate Level, Centro Linguistico Italiano Dante Alighieri

German – Moderate command

Zertifikat Deutsch, Goethe-Institut

Other Skills

Computer Skills (ECDL Certified):

- MS Windows, Word, Excel, Access, PowerPoint, Internet
- ImageMaker
- WebStarter

Memberships in Scientific Associations

- **Member**, *Hellenic Forensic Psychiatric Association*
- **Member**, *European Scientific Network FOSTREN – Fostering and Strengthening Approaches to Reducing Coercion in European Mental Health Services*