

CURRICULUM VITAE

a. NAME : EMPLOYEE NO: 7482

GRAFANAKI, Sotiria, Full Professor, full time

Supervisor for Graduate Research.

b. DEGREES :

Ph.D. Counselling, Keele University, UK, 1997

PGCE Higher Education Postgraduate Teaching Certificate, Keele University (SEDA accredited UK), 1997

M.A. Counselling, Keele University, UK. 1993

B.Sc. (Hon) Psychology, (with distinction) University of Crete, GR, 1991

B.ED. Education, Pre-school, Athens Academy of Kindergarten Teachers, GR, 1987.

c. EMPLOYMENT HISTORY:

2023-now Director of School of Counselling, Psychotherapy and Spirituality

2014 – now: Full Professor, Faculty of Human Sciences, Saint Paul University (School of Counselling Psychotherapy and Spirituality Program), Ottawa, Canada.

2009-2014 Associate Professor, Faculty of Human Sciences, Saint Paul University.

2010: Trainer for the Intermediate Counselling program, Canadian military Chaplains.

2001 Trainer in Communication Skills, (short courses). Health Canada.

1999-2009 Assistant Professor, Faculty of Human Sciences, Saint Paul University.

1997-98 Research supervisor, MA students in Counselling Psychology (independent route) British Psychological Society, BPS, Great Britain.

1994-96 Graduate Teaching Assistant, Department of Applied Social Studies, Keele University, UK.

1994-95 Trainer in Communication & Counselling Skills, Department of Continuing Education, Newcastle College, UK.

1993-94 Counsellor / therapist (placement), Higherland Surgery, Newcastle, UK

1992 Psychologist, Prefecture Committee for Adult Continuing Education, Crete.

d. ACADEMIC HONOURS :

Graduate fellowship award, 1 out of 3 offered by Keele University, UK 1995-1996.

e. SCHOLARLY AND PROFESSIONAL ACTIVITIES (past 7 years):

- 2023-ongoing Director of the School and responsible for the preparation of the renewal application for re-certification of MA programs with CRPO (College of Registered Psychotherapist of Ontario).
- 2021-2022 Member of the Faculty Teaching Personnel Committee (FTPC). Reviewing applications for promotion and sabbatical leaves
- 2022-ongoing: Community Producer and Host of the Hellenic Kaleidoscope. A monthly community TV show of Rogers' Multicultural Mosaic program.
- 2020 - (ongoing) Participation in a multidisciplinary team for development of tools and resources that reduce the 'digital gap' witnessed in marginalized communities and NGOs working with these communities in Ecuador. Support the effort for digital transformation of NGOs and creation of an online platform that can showcase projects and community development efforts and connect prospective donors with beneficiaries.
- 2020 (Feb & Mar.) Facilitation of two virtual Roundtables for the International Members of the Focusing Institute of New York. Theme: 'Return to the Base: The precursor of Felt Sense & Felt Sense Literacy (FSL)'
- 2019 (Nov) Group Facilitation and team building for the group of young residents of Saint Joseph Home of the Missionary Society of Saint Paul, Malta. Facilitation and training for staff and executive team.
- 2019 (Oct.) Invited by the CCPA (Canadian Counselling and Psychotherapy Association) as keynote speaker/facilitator on their Self Care Day. Title: From mindfull to heartfelt living: Natural ways for daily self-care.
- 2019 (Sept)-(ongoing) Vice President of Parnassos, a cultural society and registered charitable organization which aims to advance education for the benefit of the public on issues of Greek history, culture, and civilization by organizing and presenting educational events on these subjects.
- 2018 (February & September): Invited to co-facilitate with William Hernandez a five-day Professional Development retreat for Members of Peacebuilding Network 'Reprodepaz' (Boyapaz) and Interteam in Colombia. Title: "Learning to Listen and Accompany others through the Pause: Facilitator Training for human development and peace-building projects." Training the trainers.
<https://www.youtube.com/watch?v=UnLyhlpVYA0>
- 2016 (August) Organizing Committee and faculty member of the Focusing International Summer School, 21-28th August, Joshua Tree, California. Co-facilitated with William

- Hernandez a 6-day morning retreat and three afternoon workshops on applications of the natural pause in therapeutic and social development contexts.
- 2016 (May) Co-facilitated with William Hernandez a five-day Professional Development retreat on Learning to Listen through the Pause for Members and volunteers of Sembrar Foundation (NGO which works with marginalized youth and families in Quito, Ecuador).
- 2016 Lead Researcher for investigating the impact of “Learning to Listen through the Pause workshops” on personal and community wellbeing in social development projects of FECD in the rural communities of Esmeraldas and Chimborazo, Ecuador. Conducted 25 semi-structured interviews and 3 focus group interviews. FECD, EC.
- 2016 Member of the Scientific Committee of the World Association for Person Centred and Experiential Psychotherapies (WAPCEP) for developing research directives, initiatives and practices for producing evidence-base for PCE approaches.
- 2016 (Jan.) Invited co-facilitator for a five-day Professional Development retreat for the Members of the Missionary Society of Saint Paul (Peruvian Mission), Arequipa Peru.
- 2018 Co-investigator on studying the Ingredients and Conditions of Transformative Focusing Experiences through the analysis of memoirs. Co-researcher with Prof. Krycka, Seattle University, Dr. Grindler-Katonah, Institute of Transpersonal Psychology, California.
- 2013- 2018 Editor in Chief of the peer-reviewed journal: *Counselling and Spirituality*.
- 2013 -2019 Research collaborator with FECD (a social development organization that aims to improve the living conditions of the poorest communities in Ecuador)
- 2012-2018 Member of the Society for Psychotherapy Research Interest Section on Therapist Training & Development (SPRISTAD) Participant of the International Research Project on Psychotherapy Training.
- 2009- 2017 Member of the Ethics Board of SPU (REB). Review applications and proposals. Chair for several sessions in 2013.

f.GRADUATE SUPERVISIONS:

Completed:

- 2 Ph.D (supervisor)
- 2 Ph.D. (external examiner);
- 1 M.A thesis (Supervisor)
- 210 M.A major research projects (MRPs) (supervisor),

PHD DISSERTATION (SUPERVISOR)

1. Student: Jillian Mannella: Focus of Research: The Developing Supervisor: A Model of Change and Growth in the Early Years of supervisor development (completed 2018)
2. Student: Magdalena Godula: Focus of Research: Senior Therapist Spiritual Transformation through their work with clients (completed 2019)

MA THESIS (SUPERVISOR)

1. Student: Chantal Riel: Focus of Research: 'Balancing Act Practice (BAP): The Impact of Yoga and Guided Journaling on Trainee Therapists. (completed 2022)

MA THESIS (COMMITTEE MEMBER)-In Progress

Student: Carmel Firdawsi: Focus of Research: An exploration of how students experience place spirituality within spiritual spaces on their university campus (2024 in progress).

MRPs WITH DATA COLLECTION ONLY)-SUPERVISOR

Title of MA Group project: Spirituality and Leisure (2002)

- Martina Anderegg (MA), Sept 2000- June 2002
- Frankie Cini (MA), May. 2000- June 2002
- Magdalena Godula (MA), Sept. 2000- June 2002
- Bruce Mackenzie (MA), Sept. 2000- June 2002
- Sandra Nason (MA), Sept. 2000- June 2002
- Deborah Pearson (MA), Sept. 2000- June 2002

Title of MA Group Project: In search of Flow: Investigating the Essence of Good moments in Counselling (2005)

- Suzan Alvarez (MA) Sept. 2004 - June 2005
- Michelle Brennan (MA) Sept. 2004 - June 2005
- Sandy Holmes (MA) Sept. 2004 - June 2005
- Titus Ebueh (MA) Sept. 2004 - June 2005
- Kay Tang (MA) Sept. 2004 - June 2005

PH.D DISSERTATION (EXTERNAL EXAMINER)

External Examiner (2011)

Title of Ph.D Dissertation: Challenges and Changes in Psychologist Development
Experience: Links to Extant Literature

Name of Student: Tegan Johnson

(Department of Clinical Psychology, University of Tasmania, Australia)

External Examiner (2004)

- Title of PhD Dissertation: “Counsellor awareness of client-identified helpful events and its association to the psychotherapeutic process in process- experiential therapy with depressed clients” Name of Student: Lazarus Fitopoulos (Ph.D.) (Department of Educational & Counselling Psychology, McGill University, Montreal).

GRADUATE SUPERVISION

IN PROGRESS:

2025-2026: 12 MRPs (supervisor)

g) GRADUATE COURSES:

Courses:

2002 - 2010 Theories of Individual Counselling and Psychotherapy

Seminars:

2002- ongoing: Research Seminar Preparation & Research Seminar for MA program (English Concentration), School of Counselling, Psychotherapy and Spirituality, SPU

2018-2023 & 2026 Doctoral Seminar, School of Counselling, Psychotherapy and Spirituality, SPU.

2009-2010: Integrative Seminar for Counselling and Spirituality Program. School of Counselling Psychotherapy and Spirituality, SPU

2007 Psychotherapy Training Effectiveness: Tools and Methods, University of Rome, Department of Psychology, Clinical Psychology Program, Italy.

2006-2007 Research Methods Class: Qualitative Research: Challenges and rewards, SPU

2005 Research Methods Class: Process Research in Counselling, SPU

2000 Research Methods: Event Paradigm as an interviewing tool, SPU

Graduate Clinical Practicums:

2020- 2022 Practicum in Individual Counselling 1 (3 credits)

2011-2013 Practicum in Individual Counselling III (3 credits)

1999- 2018 Practicum in Individual Counselling I (6 credits)

1999-2001 Practicum in Group work (concentration on families)

Clinical Supervision:

I have offered weekly supervision for counselling practice from:

Oct. 2003- Jan. 2004: 3 MA level students (concentration individual counselling)

Oct. 1999- Apr. 2001: 10 MA level students (concentration individual counselling)

Nov. 1999- Apr. 2000: 3 MA level students (concentration groupwork (Families))

h) EXTERNAL RESEARCH FUNDING :

2019-2023	FECD	Research Grant	\$ 3000	Dissemination of Research Findings on the Impacts of the pause to the communities of Chimborazo Ecuador
2013-2015	FECD, Ecuador	Research Grant	\$ 4000	Evaluation of survey questionnaire and preliminary data collected from Social Development Projects on the Impact of Pause Workshops in various communities
2009 (Principal investigator)	SSHRC	Standard Research Grant	not funded	Multi-site project run in five universities to assess counselling training effectiveness and trainee counsellor development
2004 (Principal investigator)	University of Strathclyde Scotland	Research Grant	1000 pounds (appr. \$2500)	Transcribing of sessions for collaborative project with two UK researchers on good outcome therapy case.

2000- 2003 (Principal investigator)	SSHRC	Young Researcher Grant	\$7 500	Research on leisure and spirituality
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i.INTERNAL RESEARCH FUNDING :

Year	Source	Type	Amount	Purpose
2022	St. Paul	Travel	1 500	Panel Presentation (Copenhagen)
2019	St. Paul	Travel	1000	Panel Presentation (Argentina)
2017	St.Paul	Travel	1000	Panel Presentations (New York)
2016	St Paul	Travel	1500	Panel Presentations (Israel)
2015-16	St. Paul.	Research	3500	Research on the Impact of Listening Workshops on Community Wellness (Ecuador)
2014	St. Paul U	Travel	1500	Panel presentation
2013	St. Paul U	Research	4000	Research on the emerging professional self of trainee counselors
2012	St. Paul U	Travel	1000	Panel presentation
2011	St.Paul.U	Travel	1500	Panel presentation
2010	St. Paul U	Travel	1500	Panel Presentation
2009	St.Paul U.	Research	\$ 3500	Panel presentation Panel presentation
2009	St. Paul U	Travel	\$1000	Research
2008	St. Paul U	Travel	\$1000	Presentation of Paper Presentation of Paper
2007	St Paul U. Research Services	Travel Grant	\$1000	Presentation of Paper at International Congress of Psychology
2007	St Paul U.	Internal fund	\$ 5000	Research while on leave: Training Effectiveness

2006	St Paul U. Research Services	Internal fund	\$3500	Research: Counsellors in the making
2006	St Paul U. Research Services	Travel Grant	\$1000	Presentation of Paper at International Congress
2005	St Paul U. Research Services	Travel Grant	\$1000	Presentation of Paper at International Conference
2004-2005	St Paul U. Research Services	Internal fund	\$ 2010	Research: In search of flow in counselling and psychotherapy
2004	St Paul U.	Internal fund	\$6 000	Research while on leave: Multiple perspectives on good outcome case
2004	St Paul U. Research Services	Travel Grant	\$1000	Presentation of Paper at International Conference
2003	St Paul U. Research Services	Travel Grant	\$1000	Presentation of Paper at International Conference
2002	Saint Paul University	Travel Grant	\$1 000	Presentation of Paper at International Conference
2001-2002	Saint Paul University	internal fund	\$2 000	Research : Sources of Renewal for Mental health professionals: Leisure and Spirituality
2000	Saint. Paul University	Travel Grant	\$1 000	Presentation of Paper at International Conference

J. PUBLICATIONS :

1. Life-time summary according to the following categories :

- Refereed Chapters in Books..... 3
- Books2
- Papers in refereed journal..... 22
- Papers read/ Referred Conference Proceedings..... 47
- Others (invited workshops presented).....40
- Book reviews in a refereed journal.....2

2. Details only for **PAST SEVEN (7) YEARS** same categories as above:

Books & Training Manuals

- Hernandez, W., & **Grafanaki, S.** (2018): *The Natural Pause: A Path to Peace*. LifeGliders: Ottawa.
- Hernandez, W., & **Grafanaki, S.** (2019): *La Pausa Natural Compendio*. LifeGliders: Ottawa
- Hernandez, W. & **Grafanaki, S.** (2019): *Learning to Listen Through the Pause: An Experiential Pause Workshop*, Pause Village.
- **Grafanaki, S** (in preparation): Experiments with the Pause: Exchanges of Gene Gendlin & William Hernandez on Felt Sense Literacy and Natural Pause.

Papers in refereed journals:

- Katonah Grindler, D., **Grafanaki, S.**, Krycka, K., & Mc Donald, M. (2023) Transformational Focusing Experiences, A thematic analysis of memoirs, *Journal of Humanistic Psychology*. 63 (2) p. 381–409.
- **Grafanaki, S.** (2017). Lessons from a Family Focusing Circle: Reflections from the young and the young at heart, *The Folio: Journal for Focusing and Experiential Therapy*, 26 .
- **Grafanaki, S.** & Mannella, J (in revision). The “Budding” Professional Self: A Longitudinal Study On Trainee Perceived Strengths and Limitations as a Therapist And Impact Of Training During The Formative Years. *Counselling and Psychotherapy Research*.
- Riel, C., & **Grafanaki, S.** (in preparation): “Balancing Act Practice (BAP): Supporting Trainee Therapists’ Life Balance through Compassionate Yoga and Guided Journaling Practice” *Journal of Counsellor Preparation and Supervision*.
- Mannela, J., & **Grafanaki, S.** (in preparation): The Developing Supervisor: A Model of Change and Growth in the Early Years, *The Clinical Supervisor journal*.

Papers read / Refereed Conference Proceedings

- **Grafanaki, S & Hernandez, W.** (2024 Sept.) Presentation & Workshop: ‘The Door to Intrinsic Resourcefulness and Life-forward Movement’: An Experiential Way for Clearing the Space and Attending to Essential Wholeness. 16th World Conference of Person Centred and Experiential Psychotherapies (PCEP).
- Riel, C., & **Grafanaki, S** (2022 July): Panel Presentation: “Balancing Act Practice (BAP): Supporting Trainee Therapists’ Life Balance through Compassionate Yoga and Guided Journaling Practice” 15th World Conference of Person Centred and Experiential Psychotherapies (PCEP), Copenhagen.
- **Grafanaki, S., & Hernandez, W.** (2020 May) Pathways to Sustainable Wellbeing: Empirical Evidence of Positive Mental Health in Action, Annual Meeting of the Society for the Exploration of Psychotherapy Integration (SEPI 36th Annual Conference), Vancouver, Canada.
- **Grafanaki, S** (Feb. 2020) Impacts of the Pause on Personal and Community Wellbeing. Invited Keynote Speaker for the dissemination of Findings from Research with Rural communities of Ecuador. Chimborazo, Ecuador. Organizer FECD (Ecuadorian Foundation for Social Development).
- Mannella, J. & **Grafanaki, S.** (July 2019). The Developing Supervisor: A Model of Change and Growth in the Early Years, International Meeting of the Society of Psychotherapy Research (SPR), Buenos Aires, Argentina.
- **Grafanaki, S & Hernandez, W.** (July 2018) ‘Nothing is Lost’: Facilitating Hope in Challenging Contexts by Learning to Listen through the Pause, World Conference of PCEP, Vienna, Austria.
- **Grafanaki, S.,**(June 2017). ‘What Relativity can tell us about listening and the natural pause. (Keynote, Fourth International Conference on Focusing-Oriented Psychotherapies, Garrison, New York USA.
- **Grafanaki, S., & Hernandez, W.** (June 2017). “The Pause Movement”: A Qualitative Inquiry into the Experience and Impact of the Natural Pause. Fourth International Conference on Focusing-Oriented Psychotherapies, Garrison, New York USA.
- Katonah- Grindler, D., & **Grafanaki, S.** (June 2017) Felt sense Inquiry: A thematic Analysis of transformational focusing experiences, Fourth International Conference on Focusing-Oriented Psychotherapies, Garrison, New York USA.
- **Grafanaki, S.,**(June 2016). ‘Ready to Launch’: Trainee therapist hopes and fears when starting their psychotherapy training and supervisors experience of working with the developing therapist, International Meeting of the Society for Psychotherapy Research (SPR) Jerusalem, Israel.
- Hernandez, W., & **Grafanaki, S.** (June 2016). “Discovering new Frontiers” for promoting mental health and social development: An exploration on the Impact of basic Listening Workshops on personal and community wellness in rural communities of Ecuador, International Meeting of the Society for Psychotherapy Research (SPR) Jerusalem, Israel.
- **Grafanaki, S.,**(March 2016). Flow in Therapy: Key Conditions & Ingredients. Positive Psychology Conference, Saint Paul University, Ottawa.

Others (Invited Workshops presented):

- **Grafanaki, S** & Hernandez, W (2020 Feb & Mar.) Two virtual Roundtables for the International Members of the Focusing Institute of New York. Theme: ‘Return to the Base: The precursor of Felt Sense & Felt Sense Literacy (FSL)’
- **Grafanaki, S** (2019 Oct.) Keynote address and workshop facilitator on Self Care Day. Title: From mindfull to heartfelt living: Natural ways for daily self-care. CCPA (Canadian Counselling and Psychotherapy Association) Ottawa Chapter.
- **Grafanaki, S** & Hernandez, W. (2018 Febr. & Sept.) Delivery of 3-hour pause workshops and 5-day retreats for training Educators of the Pause in Colombia. Invited by Interteam and Redprodepaz peace building organization.
- **Grafanaki, S** & Hernandez, W. 6- day retreat for the Focusing International Summer School (FISS), Joshua Tree Retreat, California.

Sotiria Grafanaki Aug. 2025