

Faculty of Human Sciences, June 2019

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 Post-graduate Teaching Certificate, Keele University, (SEDA accredited UK), 1997

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

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

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

c. EMPLOYMENT HISTORY:

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.

HONOURS :

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

Graduate Scholarship, Kapetanakion Foundation, Heraclion, Crete, Greece, 1993-1995.

e. SCHOLARLY AND PROFESSIONAL ACTIVITIES:

- 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."
- 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).
- 2015-2016 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.
- 2015 (March) 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.
- 2015 (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.
- 2014-2017 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.
- 2014 (Nov) Invited Keynote Speaker at the 50-year Golden Jubilee Celebration of the Postgraduate Training Program in Person-Centred Therapy, Psychology Department, University of Leuven, Belgium. Title of Keynote Address: Moments of Transformation and Optimal Experiences in Psychotherapy.
- 2014 (Nov) Co-facilitator for two Pause and Listen Workshops offered in Belgium, University of Leuven as part of the Golden Jubilee celebration of the Postgraduate Program in Person-centred therapy /80 participants.
- 2014 (May) Co-Chair for the 3rd International Focusing-Oriented Therapy Conference (14- 18 May 2014). Theme: The Relational Dimensions of Therapy. Stony Point, NY.

- 2013 (Jun) Co-facilitator for a series of Pause and Listen Workshops offered in Europe (Malta, Italy, Switzerland). Total 8 workshops/200 participants.
- 2013- 2018 Editor in Chief of the peer-reviewed journal: *Counselling and Spirituality*.
- 2013 -2015 Research collaborator with FECD (a social development organization that aims to improve the living conditions of the poorest communities in Ecuador)
- 2012- 2015 Member of the Society for Psychotherapy Research Interest Section on Therapist Training & Development (SPRISTAD) Participant of the International Research Project on Psychotherapy Training.
- 2012-2013 Guest Editor for the special issue entitled: “Experiencing Congruence and Incongruence in Psychotherapy”. (International journal of Person-Centred and Experiential Psychotherapies published by the World Association for Person-Centred and Experiential Psychotherapies (Fall 2013).
- 2012- 2014 Coordinator for exploring opportunities for the development of graduate counselling training programmes/courses for those working with the Aboriginal Community. Coordinator for CPD 3-day workshop on Aboriginal Counselling work with Complex Trauma offered in June 2013 and Fall 2013.
- 2012 Participation at the TCPS (Tri-Council Policy Regional Workshop on Research Ethics, March 26-28, Ottawa, Canada.
- 2012 (Jan) Interviewed by Serge Prengel, host of the Focusing Institute Conversations.
- 2011 Responsible for reviewing the content and delivery of the online Course: Introduction to Logotherapy, Saint Paul University & Victor Frank Institute. CPD course for helping professionals.
- 2011 (Jun) Invited Keynote Speaker at the Italian National Conference of Client-Centred Therapy. Title of Keynote Address: Optimal Experiences in Psychotherapy: Key ingredients and Condition, June 17th, Genova, Italy.
- 2010-2011 Member of the Organizing Scientific Program committee for the 2nd Focusing Oriented Psychotherapy Conference, November 2011, New York.
- 2009-2010 Member of the International Task Force of the World Association of Person-centred and Experiential Psychotherapies for Evidence-Base Practice. Co-authored chapter on the relationship conditions that was included in the edited book “PCE work: A review of the research on counselling, psychotherapy and related practices” (published in 2010)
- 2009- 2015 Member of the Ethics Board of the University (REB). Review applications and proposals. (Membership renewed till 2016) Chair for a number of sessions in 2013
- 2009- Certification as a Coordinator of Focusing, New York Focusing Institute. (certified coordinator since November 2009).
- 2009 -2010 Guest Editor for the special issue entitled: “Research on Psychotherapy Training” for the International journal *Counselling and Psychotherapy Research* published by the British Association for Counselling and Psychotherapy (vol 10 (2).

- 2009-2010 Guest Editor for a Special Section entitled: “Counsellors in Training” for the International journal *Counselling and Psychotherapy Research* published by the British Association for Counselling and Psychotherapy (vol 10(3)).
- 2007- 2008 Coordinated the participation of five Canadian university counselling training programs (St.Paul, University of Ottawa, University of Toronto, University of McGill, University of Windsor) at the International project on the Effectiveness of Psychotherapy and Psychotherapy training (www.ipeppt.net) . Prepared and submitted as principal investigator a SSHRC grant application to fund this multi-site project that will allow the investigation of key factors in the development of trainee counsellors and the effectiveness of training in their development.
- 2007-2008 Director of the BA in Human Relations and Spirituality, Faculty of Human Sciences, St. Paul University. Preparation of the Brief for the program evaluation (Fall 2008). Coordination of student and professor feedback for the program. Responsible for the preparation of publicity material.
- 2007- present Member of the Admission Committee for the MA program Counselling and Spirituality. Conduct admission interviews and review the portfolio of each applicant. Sign relevant forms and provide comments to applicants.
- 2007 -2008 Revision of the international, widely used questionnaire: Development of Psychotherapist Common Core Questionnaire (DPCCQ) of the Cooperative Research Network of the Society of Psychotherapy Research along with Prof. Robert Elliott (University of Strathclyde, Scotland, University of Toledo, Ohio, USA) and Professor David Orlinsky (university of Chicago, USA). Produced the Trainee Background & Process Forms and the Trainer/Supervisor Form that now is used as part of the international project (IPEPPT) and SPRISTAD projects on assessing the effectiveness Psychotherapy Training.
- 2007 (March) Travelled to Glasgow to work with Professor Robert Elliott (University of Strathclyde, Scotland /Emeritus University of Ohio, USA) on the refinement and tools and measures that will be used for the international project on the effectiveness of psychotherapy training.
- 2007 (May) Invited to Rome, Italy by the coordinator of the International Research Project on the Effectiveness of Psychotherapy and Psychotherapy Training, Professor Alberto Zucconi, to offer a series of research workshops and presentations on psychotherapy/counselling training research: Methods, designs, and measures. Three day Workshops were offered to 27 members of the Italian Institutes of Person Centred Therapy. One day workshops and presentations were offered to the members of the research committee of the Italian Association of Psychotherapy Training Institutes and the faculty and postgraduate students of the Clinical Program of the Department of Psychology, University of Rome, Italy.
- 2007- present Member of the Editorial Advisory Board for the *Journal European Counselling Psychology Review*.
- 2007- 2010 Member of the research Network for the International Project on the Effectiveness of Psychotherapy and Psychotherapy Training, (IPEPPT: Scientific Chair: Prof. Robert Elliott) and coordinator for the Canadian participation in this project.

- 2007- 2010 Member of the Steering Committee of the Collaborative Research Network of the Society for Psychotherapy Research (CRN of SPR) that allows the dissemination and exchange of research in psychotherapy.
- 2006 - 2009 External Examiner for the Research Services for Project submitted for funding, University of Leuven, Belgium.
- 2006-2007 Member of the OCEA (Ontario Counselling Educators Association). Participated in the meetings and contributed in creating written responses for the consultation committee responsible for the regulation of psychotherapy in Ontario.
- 2005- 2007 Practicum Coordinator, Counselling Programme. Responsible for recruiting suitable clinical supervisors, oversee issues with regards to the clinical practice of our MA students.
- 2005- 2006 Member of the planning committee for the B.A in Human Relations and Spirituality. Worked in a team along with three more colleagues on revising the program, identifying courses and preparing a document for changes that need to be implemented in order to increase the program's coherence and connection to our MA programs.
- 2005 Chair of the panel: "A Popular Culture and Conflict" held at the 14th Annual symposium on Conflict Resolution, Peacemaking and Peace building. Ottawa. Canada.
- 2004 - 2005 External Placement Coordinator for Second Year MA students in Individual Counselling.
- 2004 - 2006 Member of the Admission Committee. (Concentration: Individual Counselling). Conduct admission interviews (duration: 1 hour to 1.15 minutes each) and review the portfolio of each applicant. Sign relevant forms and provide comments about each applicant.
- 2004-present Member of the Editorial Advisory Board for the international Journal Counselling Psychology Quarterly.
- 2004- present Certified Trainer for Focusing (Eugene Gendlin Experiential Focusing). New York Focusing Institute. Offer short workshops to organization such as: Department of National Defense (Military Clinical Chaplains conference), National Research Council of Canada (Human Resources).
- 2003 Received training and certification as a Third Party Neutral Facilitator (Conflict Resolution, Group Facilitation, Mediation, Negotiation), issued by the Canadian Institute of Conflict Resolution, (CICR), Ottawa, Canada.
- 2002-2003 Member of the organizing Committee for the Faculty Day Meetings. Facilitation of activities, reservations, bookings and evaluations.
- 2002-2003 Member of the Ad Hoc Committee for the MA in Conflict Studies.
- 2002-present Member of the International Advisory Board, Editorial Board for the International Journal Person-Centered and Experiential Psychotherapies published by the world Association for Person-Centered and Experiential Psychotherapy.

- 2002-2004 Member of the Committee that worked for the development of a Ph.D. program in Counselling and Spirituality, Faculty of Human Sciences, Saint Paul University.
- 2002-2012 Member of the Editorial Advisory Board for the Journal *Counselling & Spirituality* published by the Faculty of Human Sciences, Saint Paul University, Ottawa, Canada.
- 2002-present Member of the International Advisory Board for the Journal *Counselling & Psychotherapy Research*, published by the British Association for Counselling and Psychotherapy, UK.
- 2001-2002 Member of the Committee that is working on the overall planning and coordination of short training courses offered by St.Paul University to Health Canada employees.
- 2001-2002 Member of the Admission Committee. Admission Coordinator (concentration: Individual Counselling).
- 2000-2002 Member of the Social Committee of the Faculty of Human Sciences, St.Paul University.
- 2000-2002 Member of a Network Mentorship Group for Psychologists wanting to practice in Ottawa-Carleton region (part of the organizing committee)
- 1999- present Associate Producer of the Greek community television program: *Hellenic Kaleidoscope*, Channel 22, Rogers Television. Ottawa.

f. GRADUATE SUPERVISIONS :

Completed: 1 Ph.D (supervisor) 150 M.A major projects (MRPs) (supervisor), 2 Ph.D (external examiner)

In progress: 1 Ph.D (supervisor)

NAME OF STUDENTS (ONLY M.A MAJOR RESEARCH PROJECT TITLES THAT INCLUDED DATA COLLECTION)

M.A MAJOR RESEARCH PROJECTS (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).

PHD DISSERTATION (SUPERVISOR)

1. Focus of Research: The development of Clinical Supervisors, Name of Student: Jillian Mannella (Defended and completed her PhD in June 2018, Saint Paul University)
2. Focus of Research: Therapist Spiritual Transformation through their work with clients, Name of Student: Magdalena Godula (She has completed collection of data and she has analyzed them. She is currently completing the final draft of her thesis, 4th year of Ph.D. program Saint Paul University)

g) GRADUATE COURSES:

Taught courses:

2002 - 2010 Theories of Individual Counselling and Psychotherapy

Seminars:

2018-2019 Doctoral Seminar for Counselling, Psychotherapy and Spirituality Program.

2009-2010: Integrative Seminar for Counselling and Spirituality Program.

2000- : Research Seminar, MA in Counselling Psychotherapy and Spirituality Program

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

2006-2007 Qualitative Research: Challenges and rewards.

2005 Process Research in Counselling.

2004 Day-Workshop on Focusing and the Experiential Listening Process, Counselling Services, University of Abertay Dundee, Scotland, UK.

2004 Seminar on the the Role of Congruence in Counselling Practice: Issues and Challenges. MA in Counselling, Chester College University, UK.

2000 Research Methods: Event Paradigm as an interviewing tool.

1999 Research Methods: Interpersonal Process Recall as an interviewing tool.

Graduate Training Practicums:

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

1999- 2018 Practicum in Individual Counselling I (6 credit course)

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 :

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
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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

i.INTERNAL RESEARCH FUNDING :

Year	Source	Type	Amount	Purpose
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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
- Books1
- Papers in refereed journal..... 22
- Papers read/ Referred Conference Proceedings..... 42
- Others (invited workshops presented).....35
- Book reviews in a refereed journal.....2

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

above:

Books

- 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

Papers in refereed journals:

- Katonah Grindler, D., **Grafanaki, S.**, Krycka, K., & Mc Donald, M. (2018) Transformational Focusing Experiences: A Thematic Analysis of Memoirs, *Journal of Humanistic Psychology*.
- **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*
- **Grafanaki, S.** (2015). Lessons from a Family Focusing Circle: Reflections from the young and the young at heart, *The Folio: Journal for Focusing and Experiential Therapy*, 26 .
- Hernandez, W., & **Grafanaki, S.** (2014) Social Development with Focusing through the Pause *The Folio: Journal for Focusing and Experiential Therapy*, 25, 172-185.
- Grafanaki, S. (2013) Special issue Experiencing Congruence and Incongruence, *Person-Centred and Experiential Psychotherapies*, 12 (3) 183-196.
- Grafanaki, S. (2013) Transformational Focusing. *The Folio: Journal for Focusing and Experiential Therapy*, 24 (1), 89 - 93.
- Grafanaki, S. (2012). Learning from research: Therapists’ perspective on the benefits & challenges of participating in a longitudinal, systematic case-study, *Counselling and Psychotherapy Research*, 12 (3), 194-203.

Papers read / Refereed Conference Proceedings

- **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.
- **Grafanaki, S., & Mannella, J.** (Jun. 2015), The “Budding” Professional Self : Trainee Experience, International Meeting of the Society for Psychotherapy Research (SPR). Philadelphia, USA.
- **Grafanaki, S** (Nov. 2015) Keynote address “ Moments of Transformation and Optimal Experiences in Psychotherapy, Golden Jubilee Celebration of the Postgraduate Training Program in Person-Centred Therapy, Psychology Department, University of Leuven.
- **Grafanaki, S** (Jun 2014): “The Emerging Professional Self”, International Meeting of the Society for Psychotherapy Research (SPR).Copenhagen, Denmark,
- **Grafanaki, S** (May 2014): Family Focusing Circle. Third International Conference on Focusing-Oriented Psychotherapies, Stony Point, New York USA.
- **Grafanaki, S & Hernandez, W.** (May 2013): Coming Home with and through the Pause: Lessons learned from Human Development Projects, 25th Focusing International, Lucern, Switzerland.
- **Grafanaki, S** (Jun 2012): “Training Reflective Practitioners: Helpful and Hindering aspects of training in the development of new therapists”, International Meeting of the Society for Psychotherapy Research (SPR). Virginia Beach, USA.
- **Grafanaki, S.** (Nov. 2011) Looking in the mirror: Focus on Therapist Self-Care & Reflectivity, 2nd World Conference on Focusing Oriented Psychotherapy, Stony Point, New York.
- **Grafanaki, S** (Jul. 2011): “Learning from Research: Therapist perspective on the impact of research on professional development and growth”, International Meeting of the Society for Psychotherapy Research (SPR). Bern, Switzerland.
- **Grafanaki, S** (Jun 2011) Invited Keynote Speaker at the Italian National Conference of Client-Centred Therapy, Genova, Italy. Title of Keynote Address: Optimal Experiences in Psychotherapy: Key ingredients and Conditions.
- Grafanaki, S (May 2011) “Heart to Heart Conversations: Using focusing in intimate relations”, International Focusing Conference, California, USA
- **Grafanaki, S** (Mar 2011) Healing Dialogues with our Inner Compass: Using the Power of Focusing, National Conference of the Canadian Counselling & Psychotherapy Association (CCPA), Ottawa, Canada.

Others (Invited Workshops presented):

- Grafanaki, S & Hernandez, W. (2018 February & September) 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. (2016 22-28 August) 6- day retreat for the Focusing International Summer School (FISS), Joshua Tree Retreat, California.
- Grafanaki, S & Hernandez, W. (2016 20-25th May) 5- day training Foundation Sembrar of Ecuador, Quito Ecuador
- Grafanaki, S & Hernandez, W. (2015 3-10th January) 5- day retreat for the missionary Society of Saint Paul, Arequipa Peru.
- Grafanaki, S & Hernandez, W. (2014) 2 workshops “Learning to listen through the Pause, University of Leuven, Belgium.
- Grafanaki, S & Hernandez, W. (2013) 3 hour workshop “Learning to listen through the Pause, Saint Joseph Home, Malta (offered to 5 different groups of social workers, support staff, missionary Society of Saint Paul)
- Grafanaki, S & Hernandez, W. (2013) 3 hour workshop Learning to listen through the Pause, Naples Italy offered to 2 groups of mental health workers, youth workers, UN personnel.
- Grafanaki, S. (2011) 2 hour presentation for the graduate students and professors on the topic: Optimal Experiences in Psychotherapy, Rome University, Department of Clinical Psychology, Italy
- Grafanaki, S. (2011) Congruence and Optimal Experience in Psychotherapy, University of Genova, Psychology Department, Italy.
- Grafanaki, S. (2011) Intermediate Training in Counselling Skills for Military Chaplains. Saint.Paul University, Ottawa.

Sotiria Grafanaki June 2019