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Psychology & Psychotherapy Program for High School Psychology Students

Offered by the Hellenic Institute for Rational-Emotive & Cognitive-Behavior Therapy

Program Overview

This academic preparatory program is specifically designed for high-achieving high school students who are planning to pursue a degree in psychology and for students currently enrolled in **IB Psychology HL or SL**.

Over the course of the program, students will build a strong foundation in psychological theory and research, gain exposure to clinical practice concepts, and learn key principles of Rational-Emotive & Cognitive-Behavior Therapy (RECBT), an internationally recognized CBT approach.

This program strengthens university applications, supports IB Psychology coursework, and provides early exposure to professional pathways in psychology and mental health.

Faculty

- **Chrysoula Kostogiannis, Ph.D.** — Clinical & School Psychologist, Director
- **Anna-Maria Plessa, D. Psych.** — Counseling Psychologist, Coordinator of Training Programs
- **Anastasia Sympoura, MSc.** — Forensic Psychologist, Coordinator of Internship Programs
- **Konstantinos Karanisas, MSc.** — Health Psychologist, Programs Facilitator

Program Structure

Schedule: Mondays starting November 10

Time: 19:00 – 21:00

Duration: November 2025 – March 2026 (5 months)

Format: Weekly live instruction, 2 hours per week

What Students Will Learn

- Core themes and branches of psychology—aligned with IB Psychology concepts
- Introduction to scientific research, case analysis, and ethical practice in psychology
- Major psychotherapy approaches (psychoanalytic, humanistic, cognitive-behavioral)
- In-depth introduction to **RECBT**, with applications to real case examples
- How psychological theories translate into real-life emotional and behavioral change

Student Advantages

- Academic preparation for university psychology programs
- Enhancement of IB Psychology knowledge and academic skills
- Exposure to evidence-based psychotherapy and case conceptualization
- Interaction with licensed psychologists and clinical faculty
- **Certificate of Completion** to strengthen university applications and CVs

Tuition

Fee: €380

Early-Bird Rate: €320 (applications submitted by November 5, 2025)

Apply

Email a CV or short personal statement to: info@recbt.gr or ckostogiannis@gmail.com

For questions, call: +30 210 61 28 950 (Mon–Fri, 13:00–19:00)

Start your journey into the world of psychology & psychotherapy with us - today!