

CURRICULUM VITAE

Dr. Christos Kouimtsidis

Medical Degree MBBS, MSc, FRCPsych, CCST, PhD

March 2021

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GMC REGISTRATION NO 3623022
BRITISH MEDICAL ASSOCIATION 7342900
ROYAL COLLEGE OF PSYCHIATRISTS 12266 (Faculty of Addiction Psychiatry)
SOCIETY FOR STUDIES OF ADDICTION (since 2012)
INTERNATIONAL SOCIETY OF ADDICTION
MEDICINE (since 2015)
Approved under section 12 (2) of MHA 1983: Status of Approved Clinician.

EDUCATION: 1972-1978: Primary School in Kavala, Greece
1978-1984: High School in Kavala, Greece

SCHOLARSHIPS: "Kritski Foundation" scholarship, (medical school, 1984-1990).
Research Fellowship. Department of Academic Psychiatry, UMDS, University of London 1997-1998.

QUALIFICATIONS: Medical Degree (MBBS): "Pythion Iatrikis", Medical School, Aristotle University, Thessaloniki, Greece (1990).

MSc in Mental Health Studies, U.M.D.S, University of London (1996).
Modules: Basic, Dynamic Psychotherapy, Cognitive Behaviour Therapy.

MRCPsych, Royal College of Psychiatrists, U.K. (1997).
FRCPsych, Fellowship of the Royal College of Psychiatrists, UK (2016).

Certificate of Completion of Specialist Training, General Adult Psychiatry (Addiction Psychiatry) (2002).

PhD, in Psychological Medicine, Institute of Psychiatry, King's College London.
Supervisors: Professor C. Drummond, Dr. D. Stahl and Professor R. West (December 2009). Thesis: "The nature of outcome expectancies and other psychological processes in addiction".

DISTINCTIONS: 2016 Gold CARE Leader Award, Surrey and Borders Partnership NHS Foundation Trust.
2015 JSJ Award for Clinical Research Impact Research & Development Department of Surrey and Borders Partnership NHS Foundation Trust.
2011 Nominated for Chair's Award of the best employee: leadership skills.
2009 Chair's Award of the best employee: personal development, translation of evidence to practice and support to team members for professional development.
2009 Governors' Award: NW Herts CDAT commended for the respect to service users and the provision of quality services.
2008 Team Bronze Award to NW Herts CDAT for the evaluation of structured alcohol services.
2006 Team Gold Award to NW Herts CDAT for the reduction of waiting times of alcohol services.
2004 Team Gold Award to NW Herts CDAT for auditing and expanding the Primary Care Shared services.
In 2008 NW Herts CDAT was shortlisted for the Eastern Region NHS Services Innovation Award for the Structured Alcohol services.

Clinical Excellence Award: Level 9

CURRENT POSITIONS:

- Since November 2012

Consultant Psychiatrist in Addictions, NW iACCESS Substance Misuse Service, Surrey and Borders (SABP) NHS Foundation Trust .

- Since January 2018

Honorary Senior Lecturer, Department of Medicine, University of St Andrew's, Scotland.

- Since April 2016

Honorary Clinical Senior Lecturer, Department of Medicine, Brain Science division, Imperial College London.

- February 2019-January 2024

Greece's National Coordinator for Addressing Drugs, reporting to the Prime Minister.

PRIVATE WORK:

- Since January 2018

Founder and Executive Director of GaIA Healthcare LTD; an international initiative to promote evidence based clinical practice, training and research in addictions and mental health.

- Since April 2012

Consultant Psychiatrist at the London Psychiatry Centre, UK.

MOST RECENT POSITIONS:

- July 2018-August 2020

Consultant Psychiatrist ARC Hounslow, Central North West London (CNWL), NHS Foundation Trust.

- November 2012-July 2018

Consultant Psychiatrist iHEAR Partnership Hounslow, SABP.

- November 2012- August 2016

Honorary Senior Research Associate University College London & Honorary Senior Research Associate Hertfordshire Partnership NHS Foundation University Trust (HPFT).

PREVIOUS POSITIONS:

- April - October 2012

Locum Consultant Psychiatrist West Kent Recovery Service, Sussex Partnership NHS Found. Trust.

- August 2010- March 2012

Clinical Director for Addiction Services HPFT.

- August 2008-August 2011

Honorary Senior Lecturer, Alcohol Research, Institute of Psychiatry, King's College, London.

- May 2003- March 2012

Consultant Psychiatrist West Herts Community Drug & Alcohol Team (CDAT) (formerly NW), and South Herts CDAT, HPFT (from August 2010).

- May 2003-August 2008

Honorary Senior Lecturer, Section of Addictive Behaviour/ Mental Health, St. George's University of London.

- September 2002-May 2003

Locum Consultant Psychiatrist, HPFT, East Herts CDAT and Ware Community Mental Health team.

INTERNATIONAL/NATIONAL/REGIONALWORK:

- Representative of Greece at International organisations and committees such as UN, EMCDDA, Pomicidou Group/European Council, HDG EU, 2019-2024.
- Member of the International Scientific Committee for the International Society of Addiction Medicine, 2021 Valetta/Malta annual conference.
- Chair of ISAM Practice and Policy Interest Group, since April 2020.
- UK representative for SMART Recovery International Board August 2018 – January 2020.
- Chair of the London Consultants in Addiction Forum, hosted by Public Health England, 2018-2019.
- Chair for Mental Health Clinical Academic Group Surrey Health Partners July 2014-May 2018.
- Dissemination Centre Rater for NIHR since 2015.
- Royal College of Psychiatrists Eastern region representative (2006-2012).
- Founding Member of the Substance Misuse Skills Consortium (2010-2013).

- Specialist Clinical Addiction Network (SCAN) representative at NICE guidelines development committee on Psychosocial interventions in addiction and opioids detoxification (2005-2007).

RESEARCH GRANTS & PORTFOLIO PROJECTS:

- **A feasibility study of an intervention for structured preparation before detoxification in alcohol dependence: the SPADe trial.** Funded by the Research for Patients Benefit programme of the NIHR, PB-PG-0815-20014, 2017-2019, £234,599. Chief Investigator. In collaboration with University of East Anglia, University Of Surrey, University of Sussex and Imperial College London.
- **Group Mindfulness Based Therapy for distressing persecutory delusions: A pilot study for a randomised controlled trial.** Funded by the Research for Patients Benefit programme of the NIHR, PB-PG-1014-35002. 2016-2018, £151,857. Principal Investigator for sponsor. Chief Investigator: Prof. P. Chadwick, King's College London.
- **Appointment of a grant application author and co-ordinator** of the final stage of pre-submission preparation by the Mental Health CAG. Funded by Surrey Health Partners £8,010. 2016.
- **A study exploring the process underlying a pre detoxification Cognitive Behaviour Therapy Group intervention for dependent alcohol users.** Funded by Alcohol Education and Research Council. 2014-2015, £4,889. Chief Investigator. In collaboration with Kings College London.
- **A feasibility study of a psychological intervention to address alcohol misuse for people with mild to moderate learning disabilities living in the community (EBI-LD).** Funded by the Research for Patients Benefit programme of the NIHR. 2013-2015, £199,019. Chief Investigator. In collaboration with University College London.
- **An exploratory qualitative study seeking participant views evaluating preparation for alcohol detoxification groups (PAD study).** Funded by Alcohol Education and Research Council. 2011, £4,999. Chief Investigator. In collaboration with the University of East Anglia.
- **A randomised controlled trial and economic evaluation of supervised consumption in patients managed with opiate maintenance treatment (SUPER – C).** Funded by the Research for Patients Benefit programme of the NIHR. 2008-2010, £249,000. Principal Investigator for sponsor. In collaboration with the University of East Anglia.
- **The nature of outcome expectancies and other psychological processes in addiction.** University of London grant (£1000) and A.G. Leventis Foundation (£1000), 2006.
- **The effectiveness and cost effectiveness of cognitive behaviour therapy for opiate addicts in methadone maintenance treatment: a multi-centre, randomised controlled trial (UKCBTMM).** Funded by Department of Health (DH) Drug Misuse Initiative 2000-2003, £410,000, (2nd lead).
- **Substance Misuse: Identifying research priorities in Primary Care.** Funded by London NHS Executive, DH, 2000, £4,000. (Co-applicant, Primary Health Addiction Research Group).

COMERCIAL RESEARCH:

- Effects of intranasal naltrexone on alcohol use disorder. Sponsor: OPIANT PHARMACEUTICALS. Chief Investigator (2020-2022).

OTHER RESEARCH PROJECTS:

- Investigating the mechanism mediating the effects of oxytocin on opioid craving: A proof of concept study. Student's PhD thesis, in collaboration with St George's University of London (2019-2021).
- Exploring the optimal assessment of hazardous alcohol use and its effects on cognitive impairment in the elderly. In collaboration with Dr V. Raymont, Imperial College London, 2014-2016.
- Drug Treatment and Testing Order Study: The experience of service users and staff of services in a rural area in England. Principal Investigator, 2004-2005.
- The prevalence of trauma and Post Traumatic Stress Disorder in a sample of substance misusers attending community substitution treatment. 2004-2005 in collaboration with Brunel University.
- A description of cognitive profile of women with eating disorder's psychopathology attending community drug services. 2003-2004.
- Prisoners' Experience of Treatment for Opioids dependence in Wandsworth Prison, 2003.
- Experiences of Substance Misuse and service provision among female sex workers in South London, 2001.
- Prevalence of Substance Misuse among women attending family planning clinics in a rural area in Britain, 2001.
- Prevalence of substance misuse in the general hospital (DALT study). Chief Investigator, 2000

- Validation of the Illness Perception Questionnaire with substance misusers attending community substitution treatment. Principal Investigator, 1997.

OTHER RESEARCH ACTIVITIES:

- Member of the R&D Committee for all NHS employers.
- Reviewer for: TRIALS, National Institute for Health Research, British Journal of Psychiatry, Addiction, Nicotine and Tobacco Research, Drugs Education Prevention and Policy, Journal of Substance Use, Journal of Substance Abuse, British Medical Journal on line and RCPsych Eastern Region Academic Prizes (2008-2012).

QUALITY IMPROVEMENT, AUDITS & SERVICE EVALUATIONS:

- Change from buprenorphine to Espranor prescribing for people on Opioid Substitution Treatment, CNWL, April-October 2019.
- Audit of Take Home Naloxone policy implementation in iHEAR, 2017.
- Qualitative evaluation of "Forget Me Not" service; a women only service for substitution treatment, iHEAR/SABP, 2015-2016.
- Evaluation of a special service for people on opioid substitution treatment for longer than 5 years, iHEAR/SABP, 2016.
- Implementation and evaluation of alcohol liaison service in general hospital Gastro outpatient clinic at West Middlesex Hospital, 2015-2016.
- Caseload review audit in iHEAR, 1st cycle 2013-2014.
- Assertive prescribing project in iHEAR; evaluation of the first 3 months, 2014.
- Evaluation of Alcohol Treatment Pathway in Windmill team (first 6 months), 2013-2014.
- Evaluation of Alcohol Treatment Pathway in iHEAR service, Hounslow, 2013.
- Audit of safe prescribing of Methadone; risk of QTc elongation, 1st cycle 2013.
- Use of Care Plans in all Community Drug and Alcohol Teams in Hertfordshire, 1st cycle 2007-08, 2nd cycle completed November 2011.
- Use of ECG to monitor QTc interval, 1st cycle completed November 2011.
- Interagency Liaison for Pregnant Women with Substance Use Disorder, 1st cycle 2009 & 2nd cycle 2011.
- GP in shared care audit and satisfaction survey; 2010.
- Implementation of Hep B vaccination programme in Herts CDATs, 1st cycle 2010 & 2nd cycle 2011.
- NW Herts Addictions Academic Programme. Report for period May 2008- April 2009. Summary Report May 2005-April 2009. HPFT
- Implementation of Alcohol Treatment programme across Herts. 1st cycle 2009 & 2nd cycle 2010.
- Service users' satisfaction of care plans, 2009. (Survey).
- Blood Borne Viruses prevention and treatment practices, audit across Hertfordshire. 1st cycle 2005 & 2nd cycle 2007-08.
- Evaluation of CBT preparation and relapse prevention group intervention for alcohol dependent clients. Audit on effectiveness and cost-effectiveness of a newly developed programme (2007-2008).
- Evaluation of Drug Intervention Programme, 2006. Evaluation of the practice of the newly developed DIP programme in Hertfordshire and comparison with NW Herts CDAT.
- Prescribing Treatment for Substance Misuse provided by specialist services and Shared Care in North West Hertfordshire, 1st cycle 2003 & 2nd cycle 2006. The first ever audit within Substance Misuse services in HPFT.
- The use of triage forms by the NW Herts CDAT, 2004. Audit of the pilot triage form.
- Efficacy of Drug and Alcohol Liaison Team Service at St. George's General Hospital, 2000.
- Injecting behaviour and quality of care provided by the Addiction Treatment Centre, 1998-1999.
- Attrition rates of new referrals at the Addiction Treatment Centre, 1998-1999.
- Treatment completion rates at the Greenbank Substance Recovery Unit, 1998-1999. Audit of treatment completion rates in connection with patient's characteristics and with special emphasis on the use of other substances secondary to alcohol.
- The use of the seclusion room at Medway Hospital, North Kent Mental Health Trust, 1996.

PEER REVIEWED PUBLICATIONS:

- Houghton B., Bailey A., Kouimtsidis C., Duka T., Notley C. Perspectives of Drug Treatment and Mental Health Professionals Towards Treatment Provision for Substance Use Disorders with Co-Existing Mental Health Problems in England. *Drug Science Policy and Law*, submitted 2021.
- Houghton B., Kouimtsidis C., Duka T., Notley C., Paloyelis Y.*, Bailey A.*Can Intranasal Oxytocin Reduce Craving In Automated Addictive Behaviours? A Systematic Review. *The British Journal of Pharmacology*, submitted 2020.
- Notley C, Houghton B, Gage H, Maskrey V, Clark A, Holland R, Lingford-Hughes A, Pudukollu B, Duka T, Kouimtsidis C. An exploration of Identity Change in Post-Detoxed Alcohol Dependent Individuals. *Addiction* submitted 2020.
- Kouimtsidis C., Houghton B, Gage H, Notley C, Maskrey V, Clark A, Holland R, Lingford-Hughes A, Pudukollu B & Duka T. A feasibility study of an intervention for structured preparation before detoxification in alcohol dependence: the SPADe trial. *Pilot Feasibility Studies* submitted 2020.
- Radfar SR, De Jong CAJ, Farhoudian A, Kouimtsidis C et al. 2021. Reorganization of Substance Use Treatment and Harm Reduction Services during the COVID-19 Pandemic: A Global Survey. *Frontiers in Psychiatry* (accepted).
- Kouimtsidis C., Pauly B, Parkes T, Stockwell T, Baldacchino A. COVID-19 social restrictions: an opportunity to re-visit the concept of harm reduction in the treatment of alcohol dependence. *Frontiers in Psychiatry*. DOI: <https://doi.org/10.3389/fpsy.2021.623649>
- Ellet L, Tarant E, Kouimtsidis C., Kingston J, Vivarelli L, Mendis J, Chadwick P. 2020. Group mindfulness-based therapy for persecutory delusions: A pilot randomised controlled trial. *Schizophrenia Research*. DOI: 10.1016/j.schres.2020.04.023
- Farhoudian A, Baldacchino A, Kouimtsidis C., et al. 2020. Coronavirus Disease 2019 and Substance Use Disorders: Recommendations for a Comprehensive Healthcare Response. *Basic and Clinical Neuroscience*, 11(2), 129-146. <http://dx.doi.org/10.32598/bcn.11.covid19.1>
- Kouimtsidis C., Houghton B, Gage H, Notley C, Maskrey V, Clark A, Holland R, Lingford-Hughes A, Pudukollu B & Duka T. 2019. A feasibility study of an intervention for structured preparation before detoxification in alcohol dependence: the SPADe trial protocol. *Pilot Feasibility Stud* 5, 59. <https://doi.org/10.1186/s40814-019-0446-1>
- Verdejo-Garcia A, Kouimtsidis C et al. 2019. A Roadmap for Integrating Neuroscience into Addiction Treatment: A Consensus of the Neuroscience Interest Group of the International Society of Addiction Medicine. *Frontiers of Psychiatry*. <https://doi.org/10.3389/fpsy.2019.00877>
- Kouimtsidis C., Duka T, Palmer E, Lingford-Hughes A. 2019. Prehabilitation in Alcohol Dependence as a Treatment Model for Sustainable Outcomes. A Narrative Review of Literature on the Risks Associated With Detoxification, From Animal Models to Human Translational Research. *Frontiers in Psychiatry*. <https://doi.org/10.3389/fpsy.2019.00339>
- Ekhtiari H, Kouimtsidis C et al. 2019. Transcranial electrical and magnetic stimulation (tES and TMS) for addiction medicine: A consensus paper on the present state of the science and the road ahead. *Neuroscience and Biobehavioral Reviews* <https://doi.org/10.1016/j.neubiorev.2019.06.007>
- Gupta N, Kondoni T, Kouimtsidis C. 2018. Evaluation of a women only opioid replacement treatment service; what do service users think? *Addiction Research*, 2(1): 1-4.
- Patel A, Gibbor L, Douch R, Welstead M, Cahill E, Kouimtsidis C., Wilson D, Gregory S, Manalo M, Mandalia P, Deriziotis S, Kaya S, Wells K, Raymont V. 2018. The Validity of the Alcohol-Use-Disorder-Identification-Test and a Novel Proxy Test in the Assessment of Alcohol Consumption in the Cognitively Impaired Elderly. *Journal of Addiction Research*, 2(1), 1-8.
- Williams F, Kouimtsidis C., Baldacchino A. 2018. Alcohol use disorders in people with intellectual disability. *BJPsych Advances*, Volume 24, Issue 4, pp. 264-272. <https://doi.org/10.1192/bja.2017.37>
- Sami M, Notley C, Kouimtsidis C., Lynskey M, Bhattacharyya S. 2018. Psychotic-like experiences with cannabis use predict cannabis cessation and desire to quit: a cannabis discontinuation hypothesis. <https://doi.org/10.1017/S0033291718000569>
- Knox-Macaulay M, Stafford N, Collins C, Kouimtsidis C. 2017. Implementation of Assertive Alcohol Screening in a Gastroenterology Outpatients Department of an Acute Hospital. *Addiction Research and Medicine*, 3 (1). DOI: 10.23937/2474-3631/1510025
- Kondoni T, Kouimtsidis C. 2017. What stops people on long-term opioid substitution from considering completing their treatment? A qualitative study. *Drugs and Alcohol Today*, 17 (4), 232-241. <https://doi.org/10.1108/DAT-09-2017-0055>.

- Kouimtsidis C, Scior K, Baio G, Hunter R, Pezzoni V, Hassiotis A. 2017. Development of a manual for Extended Brief Intervention for alcohol misuse for adults with mild to moderate intellectual disabilities living in the community. *Journal of Applied Research in Intellectual Disabilities*. DOI: 10.1111/jar.12409
- Zamar A, Warrya G, Kouimtsidis C. 2017. Two cases of Bipolar Affective Disorder treated with high dose Levothyroxine. *Journal of the Royal Society of Medicine Open*. DOI: 10.1177/2054270417715567
- Kouimtsidis C. Structured Preparation before Alcohol Detoxification; a shift from the current treatment paradigm. 2017. *Editorial Journal of Addiction Research & Therapy*, 8:326. DOI:10.4172/2155-6105.1000326.
- Kouimtsidis C, Bosco A, Scior K, Baio G, Hunter R, Pezzoni V, Mcnamara E, Hassiotis A. 2017. A feasibility randomised controlled trial of extended brief intervention for alcohol misuse in adults with mild to moderate intellectual disabilities living in the community. *TRIALS*, 12;18(1):216. DOI: 10.1186/s13063-017-1953-0
- Zanos P, Georgiou P, Weber C, Robinson F, Kouimtsidis C, Nilforooshan R, Bailey A. 2017. Oxytocin and opioid addiction revisited: Old drug, new applications. *British Journal of Psychopharmacology*, DOI: 10.1111/bph.13757.
- Kouimtsidis C, Charge KJ, Moch J, Stahl D. 2017. Abstinence Preparation Group Intervention for dependent alcohol users. How does it work? Results of a process study. *Journal of Substance Use*, 22(2): 149-155. DOI: 10.3109/14659891.2016.1153164.
- Kouimtsidis C, Stahl D, West R, Drummond C. 2015. Path Analysis of Cognitive Behavioural Models in smoking. What is the relationship between concepts involved? *Journal of Substance Use*, DOI: 10.3109/14659891.2015.1093559.
- Kouimtsidis C, Sharma E, Smith A, Charge KJ. 2015. Structured intervention to prepare dependent drinkers to achieve abstinence; results from a cohort evaluation for six months post detoxification. *Journal of Substance Use*, DOI: 10.3109/14659891.2015.1029020.
- Kouimtsidis C, Stahl D, West R, Drummond C. 2015. Negative expectancies measured with the Substance Use Beliefs Questionnaire can differentiate controls from those in treatment for alcohol dependence. *Drugs and Alcohol Today*, 15 (2), 76-81.
- Kouimtsidis C, Hassiotis A, Scior K, Hunter R, Baio G, Pezzoni V. 2015. A feasibility study of a psychological intervention to address alcohol misuse for people with mild to moderate learning disabilities living in the community (EBI-LD); study protocol for a randomized controlled trial. *Trials* DOI: 10.1186/s13063-015-0629-x.
- Croxford A, Notley C, Maskrey V, Holland R, Kouimtsidis C. 2015. An exploratory qualitative study seeking participant views evaluating group Cognitive Behavioural Therapy preparation for alcohol detoxification. *Journal of Substance Use*, 20(1), 61-68.
- Anand I, Smith A, Charge KJ, Kouimtsidis C. 2015. Are we doing enough to enhance attendance to aftercare? Service Users' Evaluation of a group Relapse Prevention programme for alcohol dependence. *Drugs and Alcohol Today*, 15 (1), 9-11.
- Filippidou M, Brown A, Kouimtsidis C. 2014. From Hysteria to Conversion disorder: the profile of the Sufferers. *World Cultural Psychiatry Research Review*, 9(3), 132-139.
- Pezzoni V & Kouimtsidis C. 2014. Screening for Alcohol Misuse within People attending a Psychiatric Intellectual Disability Community Service. *Journal of Intellectual Disability Research*, DOI: 10.1111/jir.12168.
- Kouimtsidis C, Stahl D, West R, Drummond C. 2014. Can outcome expectancies be measured across substances? Development and validation of a questionnaire for populations in treatment. *Drugs and Alcohol Today*, 14(4), 172-186.
- Pullin J, Kouimtsidis C. 2014. Alcohol liaison services for the general hospital. Is a specialist nurse necessary to improve service effectiveness and quality? *Mental Health Practice*, 18. 1, 28-29.
- Kouimtsidis C, Stahl D, West R, Drummond C. 2014. How important are Positive and Negative Outcome Expectancies in the treatment of Addiction. A narrative review of the literature. *Drugs and Alcohol Today*, 14. 3, 137-149. (DOI 10.1108/DAT-11-2013-0051).
- Holland R, Maskrey V, Notley C, Robinson A, Swift L, Gale T, Kouimtsidis C. 2014. Treatment retention, drug use and social functioning outcomes in those receiving three months versus one month of supervised opioid maintenance treatment. Results from the Super C randomised controlled trial. *Addiction*, DOI, 10.1111/add.12439.
- Kouimtsidis C, Kolli S. 2014. Preparation for alcohol detoxification group programme. Service users' evaluation of individual sessions. *Journal of Substance Use*, Vol. 19, No. 1-2, 184-187.

- Kouimtsidis C, Stahl D, West R, Drummond C. 2014. Path Analysis of Cognitive Behavioural Models in substance misuse. What is the relationship between concepts involved? *Journal of Substance Use*, 19 (6),399-404.
- Notley C, Holland R, Maskrey V, Nagar J, Kouimtsidis C. 2013. Regaining control: The patient experience of supervised compared with unsupervised consumption in opioid substitution treatment. *Drug and Alcohol Review* (early view: doi: 10.1111/dar.12079).
- Kouimtsidis C, St John- Smith P, Kemp P, Ikkos G. 2013. Evidence Based Mental Healthcare and Service Innovation: Review of Concepts and Challenges. *Psychiatriki* (English ed.), 24(1), 45-54.
- Kouimtsidis C. 2013. Community alcohol detoxification; the challenge of changing service provision. Short report. *Journal of Substance Use*, 18(2), 166-169.
- Sairam M, Magon R, Kouimtsidis C. 2012. Enhancing the effectiveness of community drug & alcohol teams in working with opioid dependent pregnant women in substitution treatment. *The Psychiatrist*, 36(11), 421-423.
- Felice AM, Kouimtsidis C. 2012. Level of support and quality standards for GPs providing substitute prescribing treatment in Hertfordshire. *Mental Health Practice*, 16 (1), 19-22.
- Reynolds M, Nayak S, Kouimtsidis C. 2012. Intrusive Memories of trauma in PTSD and Addiction. *The Psychiatrist*, 36 (8), 284 - 289.
- Kouimtsidis C, Reynolds M, Coulton S, Drummond C. 2012. How does Cognitive Behaviour Therapy work with opioid dependent clients? Results of the UKCBTMM Study. *Drugs: Education, Prevention and Policy*, 19(3), 253–258.
- Kouimtsidis C, Drabble K & Ford L. 2012. Implementation and evaluation of a three stages community treatment programme for alcohol dependence. A short report. *Drugs: Education, Prevention and Policy*, 19 (1), 81-83.
- Sairam M & Kouimtsidis C. 2011 Introduction to Alcohol use disorders & treatment of alcohol dependence. *The Foundation Year Journal; Psychiatry Issue December 2011*.
- Kouimtsidis C, Wikramanayake M, Patel R, Schifano F, Grieve S. 2011. Implementation of Hepatitis B vaccination programme in Hertfordshire Community Drug Teams. E letter *The Psychiatrist*.
- Reynolds M., Hinchliffe K., Asamoah V., Kouimtsidis C. 2011. Trauma, Post-traumatic Stress Disorder in a Substance Use Community Clinic. *The Psychiatrist*, 35, (7), 256-260.
- Kouimtsidis C, & Ford L. 2011. A staged programme approach for alcohol dependence: Cognitive Behaviour Therapy groups for detoxification preparation and aftercare; preliminary findings. Short report. *Drugs: Education, Prevention and Policy*, 18 (3), 237-239.
- Kouimtsidis C. 2010. Cognitive theories of addiction; a narrative review. *Psychiatriki* (English ed.), 21(4), 315-323.
- Mosedale B, Kouimtsidis C, Reynolds M. 2009. Sex work, substance misuse and service provision: the experiences of female sex workers in South London. *Drugs: Education, Prevention and Policy*, 16 (4), 355-363.
- Kouimtsidis C, Edwards J, Wallis C, Drable K. 2008. Drug Interventions Programme: Is the clinical profile of service users different from those attending standard services? *Psych. Bulletin*,32, 245-7.
- Felice AM, Kouimtsidis C. 2008. Shared Care for Treatment of Opioid Dependence; the effect of the new General Medical Services contract on service development. *Psychiatric Bulletin*;32, 88-90
- Kouimtsidis C, Reynolds M, Asamoah V. 2007. Treatment or prison; service users and staff experience of Drug Treatment and Testing Orders in Hertfordshire. *Psychiatric Bulletin*, 31: 463-466.
- Broderich C., Kouimtsidis C. 2007. Treatment for Opioids dependence: Prisoners' Experience in Wandsworth Prison. *Drugs and Alcohol today*; 7(4): 17-21.
- Kouimtsidis C & Padhi A. 2007. A case of late-onset Dependence on cocaine and crack. *Addiction*; 102: 666-667.
- Kouimtsidis C, Schifano F, Sharp T, Ford L, Robinson J, Magee C. 2006. Neurological and psychopathological sequelae associated with a forty-thousand ecstasy tablets lifetime intake. *Psychosomatics*; 47: 86 – 87.
- Drummond, C., Kouimtsidis, C., Reynolds, M., Russell, I., Godfrey, C., McCusker, M., Coulton, S., Parrott, S., Davis, P., Tarrier, N., Turkington, D., Sell, L., Merrill, J, Williams, H., Abou-Saleh, M., Ghodse, H., Porter, S., Daw, R., Fyles, N., Keating, S., Moloney, A., Pryce, K., Mehdikhani, M., Barnaby, B., Jack, L., Ruben, S. and UKCBTMM Project and Team (2005). The effectiveness and cost effectiveness of Cognitive Behaviour Therapy for opiate misusers in methadone maintenance treatment: A multicentre, randomised, controlled trial. UKCBTMM Study: United Kingdom Cognitive

Behaviour Therapy Study in Methadone Maintenance Treatment. *Drugs-Education Prevention & Policy*, 12, 69-76.

- Reynolds M., Valmana A., Kouimtsidis C., Ghodse A.H. 2005. An investigation of descriptive and experimental aspects of intrusive thoughts in a sample of substance dependent inpatients. *Addiction Research and Theory*, 13(4), 347-357.
- Lind J., Kouimtsidis C., Reynolds M., Hunt M., Drummond C., Ghodse A.H. 2003. Drug Misuse in General Hospital. *Journal of Substance Use*, 8 (3).
- Kouimtsidis C., Reynolds M., Hunt M., Lind J., Beckett J., Drummond C., Ghodse A.H. 2003. Substance Use in the General Hospital. *Addictive Behaviours*, 28, 483-499.
- Tolland E., Kouimtsidis C., Reynolds M. 2003. Substance Misuse among women attending family planning clinics in a rural area in Britain. Prevalence and associated problems. *Drugs: education, prevention and policy*, 10 (2), 195-202.
- Hunt M., Kouimtsidis C., Reynolds M., Lind J., Ghodse A.H., 2003. Smoking among patients admitted to the General Hospital. A missed opportunity for early intervention. *Drugs: education, prevention and policy*, 10, (1), 31-38.
- Kouimtsidis C. 2002 Acute Carbon Monoxide Poisoning and Alcohol intoxication. A rare but complex to manage condition. *Crisis*, 23,(2),74 -77.
- White C., Kouimtsidis C., D'Souza M., Freeman H., Grau M., Saunders V., Toosey T., Trompetas A., Wake M., Annan J., Ghodse A.H., 2002. Substance misuse services in primary health care. *Drugs: education, prevention and policy*, 9, (3), 305-310.
- Beckett J., Kouimtsidis C., Reynolds M., Ghodse A.H. 2002. Substance misuse in elderly general hospital in-patients. *International Journal of Geriatric Psychiatry*, 17, 193-196.
- Lind J., Hunt M., Kouimtsidis C., 2000. The Addictions Nurse as part of a Drug and Alcohol Liaison Team: Pioneering new frontiers. *Journal of Addictions Nursing*, 12, 101-103.
- Kouimtsidis C., Abou-Saleh M., 1999. Psychological treatment of Substance Abuse: A review. *The Arab Journal of Psychiatry*, 10, 62-70.

BOOKS, BOOK CHAPTERS & INVITED ARTICLES:

- Kouimtsidis C 2020. Structured Preparation for Detoxification from Alcohol (SPADe). A pre-habilitation approach for the treatment of alcohol dependence.
<https://www.sabp.nhs.uk/research/current-studies/drug-alcohol/spade>
- Kouimtsidis C, Salazar C, Houghton B 2020. Motivational Interviewing and Behaviour Change. In *ISAM Addiction Textbook*, 2nd revision.
- Kouimtsidis C, Scior K, Hassiotis A. 2017. A Manual for Extended Brief Intervention for Alcohol Misuse by People with Learning Disabilities.
https://www.sabp.nhs.uk/application/files/7615/1669/9810/Research_manual4Alc.pdf
- Kouimtsidis C, Bosco A, Scior K, Baio G, Hunter R, Pezzoni V, Hassiotis A. Alcohol misuse in people with mild to moderate learning disabilities living in the community; lessons from the Extended Brief Intervention in learning disabilities (EBI-LD) feasibility study. *Alcoholis*, April 2017 | Vol 39 | No. 2 | ISSN 1351-054
- Mueller C, Brooks A, Kouimtsidis C, Sullivan P, Raymont V. 2016. Establishing a novel psychiatrist-led outpatient service for traumatic brain injury. *Neuropsychiatry News*, 11, 30-32.
- Kouimtsidis C. & Duka T. 2014. Structured intervention to prepare dependent drinkers to achieve abstinence; is there a case for shifting the prevailing treatment paradigm? *Hellenic Psychiatric Association London branch*, invited editorial, December.
- Kouimtsidis C. & Lynch J. 2014. Alcohol New Directions; conference presentation and evaluation; editorial. *Surrey and Borders Partnership online journal*.
- Sharma E., Smith A, Charge KJ, Kouimtsidis C. 2014. Evaluation of abstinence preparation group implementation in Windmill Team. *Surrey and Borders Partnership online journal*.
- Magon R. & Kouimtsidis C. 2011. Opiate dependence and pregnancy. In: 101 recipes for audit in Psychiatry; eds: Oakley C, Coccia F, Masson N, McKinnon I, Simmons M. Blackwell & Royal College of Psychiatrists Publications, London, 49-52.
- Tanna E. & Kouimtsidis C. 2011. Care plans in Community Drug and Alcohol Teams. In: 101 recipes for audit in Psychiatry; eds: Oakley C, Coccia F, Masson N, McKinnon I, Simmons M. Blackwell & Royal College of Psychiatrists Publications, London, 111-113.
- Kouimtsidis C. & Drummond C. 2010. Cognitive behaviour therapy for opiate misusers in methadone

maintenance treatment. In: Responding to Drug Misuse; Research and Policy Priorities In Health and Social Care. Edited by Susanne MacGregor. Routledge, London.

- Kouimtsidis C. 2009. The nature of outcome expectancies and related psychological processes in addiction. PhD thesis, Institute of Psychiatry, King's College London.
- Kouimtsidis C. 2008. How to publish addiction research. SCAN-bites, January issue. (Invited)
- Kouimtsidis C., Reynolds M, Drummond C, Davis P, Tarrier N. 2007. Cognitive Behavioural Therapy in the Treatment of Addiction: A Treatment Planner for Clinicians. John Wiley and Sons Ltd, London.
- Drummond D C, Kouimtsidis C., Reynolds M, Russell I, Godfrey C, McCusker M, Coulton S, Parrott S, Davis P, Tarrier N, Turkington D, Sell L, Williams H, Abou-Saleh M T, Ghodse A H, Porter S. 2004. The effectiveness and cost effectiveness of cognitive behaviour therapy for opiate misusers in methadone maintenance treatment: a multi-centre randomised controlled trial (UKCBTMM). Final report to the Department of Health Research & Development Directorate.
- Kouimtsidis C., & Baldacchino A. 2003. Pregnancy, Substance Misuse and the Health of the Infant. In Maternal Health and Substance Misuse Monograph, ECCAS, EEU funded publications.
- Kouimtsidis C & McCloud A, 2001. Addiction and its stigma. Update, 62, 380-384.
- McNulty J., Kouimtsidis C., 2001. Outcomes of Treatment Interventions in Drug Abuse. Current Opinion in Psychiatry, 14, 201-205.
- Kouimtsidis C., 2000. Role of craving in substance misuse. Current Opinion in Psychiatry, 13:299-303.

CONFERENCES (1st author/event organiser or main speaker):

- 63rd Convention on Narcotic Drugs (CND)/United Nations, Vienna 2020. Homelessness and substance use in city centres: balanced and evidence-based policies. Side event. Organiser as the Greece's National Coordinator for Addressing Drugs.
- Pompidou Group of European Council and the National Coordinator of Greece, Athens 2019. Capacity Building seminar for drug challenges experienced by refugees, migrants and IDPS. Organiser on behalf of Greece.
- International Society of Addiction Medicine (ISAM), Busan 2018. (I) Plenary speaker: Supervised consumption in opioid substitution treatment; an expensive barrier or an incentive for behaviour change? A ten years old challenge. (II) The concept of pre-rehabilitation in the treatment of alcohol dependence. The experience from Structured Preparation before Alcohol Detox (SPADe) implementation. Suggestions for future research within the Neuroscience Interest Group round table.
- EUROPAD conference, 2018. Could and should CBT models be used across substances?
- ICAAD conference 2018. Alcohol misuse in special populations.
- European Society Biological Research on Alcoholism ESBRA annual conference 2017. (I) Plenary speaker: Alcohol misuse in special populations. (II) Clinical implications and interventions to reduce the risk of unsuccessful alcohol detoxifications. (III) Cognitive behavioural treatment in alcohol use disorders. A user guide.
- Royal College of Psychiatrists (RCPsych) International Conference 2017. (Organiser and chair): Alcohol misuse and services in special populations: learning disabilities, people with traumatic brain injuries and pregnant women for the management of Foetal Alcohol Spectrum Disorders.
- Society for Studies of Addiction (SSA) Annual Meeting, 2016. (On behalf of EBI-LD study group). A feasibility study of extended brief intervention for alcohol misuse in adults with mild to moderate intellectual disabilities living in the community.
- Organisation Against Drugs of Greece, alcohol conference. Athens, May 2016. Treatment interventions for alcohol dependence.
- RCPsych Addiction Faculty Annual Conference, 2016. (Organiser and speaker), Lingford-Hughes A, Duka T. What is the evidence supporting a change of the treatment paradigm of alcohol dependence? The role of structured preparation prior detoxification.
- ISAM Dundee 2015. (Organiser and speaker), Lingford-Hughes A, Duka T. What is the evidence supporting a change of the treatment paradigm of alcohol dependence? The role of structured preparation prior detoxification.
- SSA Annual Meeting, 2014. Structured preparation for alcohol detoxification. Is there enough evidence to change the treatment paradigm? Results from a cohort study.
- Surrey National Conference on Alcohol, May 2014. Kouimtsidis C, Lynch J, Flanagan M. (organisers). Alcohol; Future Directions. Kouimtsidis C. Structured Preparation for Alcohol Dependence; need to change treatment paradigm.

- SSA Annual Meeting, November 2013. Cognitive Behaviour Therapy treatment models revisited; the role of negative expectancies.
- SSA Annual Meeting, November 2012. (On behalf of PAD group study). An exploratory qualitative study seeking participant views evaluating preparation for alcohol detoxification groups.
- SSA Annual Meeting, November 2011. (On behalf of SUPER-C group). Effectiveness, cost effectiveness and qualitative evaluation of supervised consumption in substitution treatment? Results of the SUPER-C trial.
- RCPsych Addiction Faculty, Annual Conference 2011. (On behalf of SUPER C group). Is supervised consumption an expensive barrier to substitution treatment? Results of the SUPER C trial.
- 21st Pan-Hellenic Congress, May 2011, Athens. (I) Adapt and Survive: Innovation in Mental Health Services in the National Health Service in England. (II) National Institute of Clinical Excellence (NICE) guidelines; their value and challenge of local implementation.
- 2nd Pan-Hellenic Thematic Congress of Psychiatry: Drug Abuse, Comorbidity, Prevention and Therapy. Thessaloniki, Greece, March 2010. (I) Invited keynote speaker: Evidence based alcohol services. (II) CBT applications in substance misuse services; the UK experience (workshop).
- World Conference on Cognitive Behavioural Therapies. Barcelona, July 2007. (Symposium organiser); Drummond C, Copello A, Baraclough C. New developments in Cognitive Behaviour Therapy of Substance Misuse; the UK Experience.
- European Association of Behavioural and Cognitive Psychotherapies EABCP, Manchester, September 2004. (On behalf of the UKCBTMM Project Group). 'Training implications & applicability of CBT to the NHS drug treatment setting'.
- Annual Meeting of Hellenic Psychiatric Association, 1994. Karastergiou A., Zamboglou G., Kallinis C., Kouimtsidis C. 'Four years since the opening of the Acute Psychiatric unit. Implications for service planning'.

POSTER PRESENTATIONS:

- Kouimtsidis C (on behalf of EBI-LD study group). A Feasibility Randomised Controlled Trial of Extended Brief Intervention for Alcohol Misuse in Adults With Mild to Moderate Intellectual Disabilities Living in the Community. 25th European Congress of Psychiatry (EPA 17), Florence, 2017.
- Gupta N, Wright R, Silva C, Kouimtsidis C. Evaluation of the effectiveness of "Forget me Not" clinic, a women only opioid replacement treatment service. Society for Studies of Addiction Annual Meeting, 2016; RCPsych International Congress, 2016.
- Kondoni T, Dendere P, Kouimtsidis C. What stops people on long-term opioid substitution from completing their treatment? SSA Annual Meeting, 2016.
- Charge KJ, Moch J, Kouimtsidis C. A study exploring the process underlying a pre detoxification Cognitive Behaviour Therapy Group intervention for dependent alcohol users; the Abstinence Preparation Group (APG). RCPsych International Congress, 2015.
- Anand I, Smith A, Charge KJ, Kouimtsidis C. Are we doing enough to enhance attendance to aftercare? Service Users' Evaluation of a group Relapse Prevention programme for alcohol dependence. RCPsych International Congress 2015; RCPsych Addiction Faculty Annual Meeting 2015; SSA Annual Meeting 2014.
- Kouimtsidis C, Sharma E, Smith A, Charge KJ. Structured preparation in the treatment of Alcohol Dependence: Results of a prospective cohort evaluation. Royal College of Psychiatrists, Annual meeting 2015; RCPsych Addiction Faculty Annual Meeting 2015.
- Kouimtsidis C, Stahl D, West R, Drummond C. Negative expectancies measured with the Substance Use Beliefs Questionnaire can differentiate controls from those in treatment for alcohol dependence. RCPsych Addiction Faculty annual meeting 2015.
- Kouimtsidis C, Stahl D, West R, Drummond C. 2014. Path Analysis of Cognitive Behavioural Models in substance misuse. What is the relationship between concepts involved? RCPsych Addiction Faculty annual meeting 2015.
- Sharma E, Smith A, Charge KJ, Kouimtsidis C. Abstinence orientated structured preparation in the treatment of alcohol dependence. Evaluation of the Windmill Team Alcohol Care Pathway. RCPsych International Congress 2014.
- Kouimtsidis C. On behalf of the PAD group study. An exploratory qualitative study seeking participant views evaluating preparation for alcohol detoxification groups. RCPsych International Congress 2013.
- Kouimtsidis C. Structured preparation for alcohol detoxification. Service evaluation and results of a qualitative study seeking participant views. RCPsych Addiction Faculty annual meeting 2013.

- Kouimtsidis C, Stahl D, West R, Drummond C. The nature of outcome expectancies and related psychological processes in addiction. RCPsych International Congress 2011.
- Kouimtsidis C on behalf of SUPER C group. A randomised controlled trial of supervised consumption. MHRN 2011 National Scientific Meeting Cambridge, April 2011.
- Holland R, Kouimtsidis C on behalf of SUPER C group. A randomised controlled trial of supervised consumption in patients managed with opiate maintenance treatment. 39th Annual Scientific Meeting of the Society of Academic Primary Care, 2010.
- Kouimtsidis C, Stahl D, West R, Drummond C. The nature of outcome expectancies and related psychological processes in addiction. RCPsych Addiction Faculty annual meeting 2010.
- Kouimtsidis C. & Ford L. A staged programme approach for alcohol dependence: Cognitive Behaviour Therapy groups for detoxification preparation and aftercare; preliminary findings. RCPsych Eastern Region Academic meeting, 2010.
- Magon R, Lowe A, Kouimtsidis C. Interagency Liaison in Pregnant Women with Substance Use Disorder. RCPsych Eastern region Academic meeting, 2010.
- Singleton L, & Kouimtsidis C. 9 months of SUPER C trial: A randomised controlled trial and economic evaluation of supervised consumption in patients managed with opiate maintenance treatment. Sharing Good Practice, Hertfordshire Conference, 2008.
- Kouimtsidis C, & Drabble K. Current practice of the community drug and alcohol teams on blood borne virus disorders across Hertfordshire. Getting it Right in practice: Collaboration not Competition, 2007.
- Reynolds M, Kouimtsidis C; Asamoah V. The link between trauma experiences and substance misuse. European Association for Addiction Studies, 2006.
- Drummond C, Kouimtsidis C, Reynolds M et al. The effectiveness and cost effectiveness of Cognitive Behaviour Therapy for opiate misusers in methadone maintenance treatment: a multicentre, randomised, controlled trial (UKCBTMM). Mental Health Research Network Scientific Conference, 2005.
- Liviero M., Kouimtsidis C., Reynolds M. A description of cognitive profile of women with eating disorder's psychopathology attending community drug services. Annual Conference of European Association of Behavioural and Cognitive Therapy, 2005.
- Kouimtsidis C., Reynolds M., Assamoah V., Lowe A. Drug Treatment And Testing Order Study: The experience of service users and staff of services in a rural area in England. RCPsych Addiction Faculty annual meeting 2005.
- Mosedale B., Kouimtsidis C., Reynolds M. Experiences of Substance Misuse and service provision among female sex workers in South London. RCPsych Addiction Faculty annual meeting 2005.
- Broderich C, Kouimtsidis C., Reynolds M. Prison inmates views of treatment options. An exploratory study. RCPsych Addiction Faculty annual meeting 2005.
- Reynolds M., Valmana A., Kouimtsidis C., Ghodse A.H. 'An investigation of descriptive and experimental aspects of intrusive thoughts in a sample of substance dependent inpatients'. BABCP annual conference, Glasgow, 2001.
- Kouimtsidis C and the Primary Health Addiction Research Group. 'Substance Misuse: Identifying research priorities in Primary Care'. London NHS Executive, DH Conference, 2000.

TEACHING EXPERIENCE:

2016-2017	External examiner; Addressing alcohol related training needs for health professionals across South London. King's Health Partners & South London and Maudsley NHS Foundation Trust.
2013- now	Clinical and educational supervisor; Kent, Surrey and Sussex Deanery
2013	Qualified Educational Supervisor Programme; KSS Deanery.
2012-2013	R.I.T.E workforce development programme; advanced module in psychosocial interventions in addictions; from theory to practice (6 cycles of 3 sessions).
2010-2012	R.I.T.E workforce development programme; a Hertfordshire programme for mental health and substance misuse. Invited speaker for master class in couples and family interventions, substitution treatment, alcohol dependence, cannabis diversion programme and co-morbidity (e-learning) modules.
2010	Harm Minimisation Training the Trainers programme; an innovative programme for service users and carers; lead on development and implementation.

2008-2012	Educational and clinical supervisor for Psychiatry trainees (all levels)
2008-2012	MSc in Mental Health, Postgraduate Medicine Dept, University of Hertfordshire (invited speaker).
2003-2012	Participation in PCT training (RCGP course Part 1 & 2), A&E SHO, MRCPsych training in Hertfordshire (invited speaker)
1998 –2008	MSc, Postgraduate Diploma, Distance Learning Diploma in Addictive Behaviour, Certificate in Substance Misuse, SGUL (lecturer, tutor, marker)
2002 & 2004	Master classes on Addiction, Dundee University, Scotland (invited speaker); one and two day lectures on Cognitive Behaviour Therapy for Substance Abuse.
2000-2004	Examiner: 3 rd year students OSCE's exams and final exams in psychiatry, SGUL.
2000-2003	Mental Health Module Tutor (3 rd year students' tutor, Mind module, addiction seminars, non-modular teaching). Problem Based Learning Tutor (Sleep disorders). Foundation Module: Health and Behaviour (1 st & 5th year students) SSM tutor for 3 rd year students.
2001-2002	Training in Substance Misuse for Community Pharmacists, Social Workers and General Practitioners for Wadsworth Drug Action Team.
1998-2000	MSc in Addictive Behaviour co-ordinator of the DUAL diagnosis module 1998-99 & 1999-2000), SGUL.
1998-2002	MRCPsych Part II course, SGUL
1997-1999	MSc in Mental Health, UMDS: Cognitive Behaviour Therapy Module: CBT in Substance Misuse.
1997 –1998	MRCPsych Part II course, UMDS.
1995–1997	Undergraduate students, UMDS, Guy's Hospital. Clinical supervision of the students attached to the Consultant Psychiatrist.

HIGHER PSYCHIATRIC TRAINING:

- May 2002-August 2002: Specialist Registrar in General Adult Psychiatry under Dr. C. Kenn West Richmond Community Mental Health Team, Richmond Royal Hospital
- October 2001– April 2002: Specialist Registrar in General Adult Psychiatry under Dr. P. Dewsnap East Mitcham Community Mental Health Team, Wilson Hospital, London.
- September 1999 – September 2001: Clinical Lecturer in Psychiatry of Addictive Behaviour under Professor A.H Ghodse.
Dept. of Addictive Behaviour & Psychological Medicine St. George's Hospital Medical School, London.
Included: clinical co-ordinator of the Drug and Alcohol Liaison Team (DALT), Addictions Resource Agency for Commissioners (ARAC), Addiction Prevention Program in Primary Health Care (APPPHC), National Addictions Treatment and Research Unit at Springfield Hospital.
- May – September 1999: Specialist Registrar in Psychiatry of Addictive Behaviour under Professor A.H Ghodse.
Dept. of Addictive Behaviour and Psychological Medicine St. George's Hospital Medical School, London.
- September 1998-April 1999: Specialist Registrar in Psychiatry of Addictive Behaviour under Dr. M. Abou-Saleh
Addiction Treatment Centre, Queen Mary's University Hospital, London.

POST MEMBERSHIP RESEARCH TRAINING:

- September 1997- August 1998: 1 year Research Fellowship. Department of Academic Psychiatry, UMDS, University of London. Supervisor Professor J.P Watson.
Clinical work included Cognitive Analytic Therapy and Cognitive Behaviour Therapy Supervision Groups.

BASIC PSYCHIATRIC TRAINING: IN the U.K

- February- August 1997: A) Registrar in Child Psychiatry, Greenwich Hospital, under supervision of Dr G. Milavic and Dr. B. Young, Consultant Child Psychiatrists. B) **Registrar in Learning Disabilities**, Oxleas NHS Trust, under supervision of Dr D. Brooks, Consultant Psychiatrist Learning Disabilities. On-going case for dynamic psychotherapy at Guy's Hospital, 2nd year under supervision by Edgar Jones. UMDS rotation scheme.
- August 1996 - January 1997: Registrar in Liaison Psychiatry, Lewisham Hospital, under supervision of Dr. M. Isaac, Consultant Liaison Psychiatrist. CBT supervision by Dr. A. Jeffers. UMDS rotation scheme.

- February - July 1996: **Registrar in substance misuse**, D.U.A.L team, Guy's Hospital substance misuse community team, under supervision of Dr. J. Morgan. UMDS rotation scheme.
- August 1995 - January 1996: **SHO in Adult Psychiatry**, Medway Hospital, under supervision of Dr. V.A.R. Rao. Dynamic psychotherapy under supervision by Dr. R. Hironst. Mid-Kent rotation scheme.
- February - July 1995: **SHO in Adult Psychiatry**, Medway Hospital and Keycol Day Hospital, under supervision of Dr. N. Lockhard. Dynamic psychotherapy by Dr. R. Hironst. Mid-Kent rotation scheme
- August 1994 - January 1995: **SHO in Adult Psychiatry**, Pembury Hospital, Tunbridge Wells, Kent, under supervision of Dr. A. Dalton. Mid-Kent rotation scheme.
- June - July 1994: Locum SHO in Adult Psychiatry, William Harvey Hospital, Ashford, Kent.

IN GREECE:

- November 1992 - April 1994: Obligatory military/army service in Greece. Army medical officer.
- August 1991 - May 1992: Trainee Psychiatrist, Thessaloniki Psychiatric Hospital, Adult Mental Health and Day Hospital under supervision of Dr. A. Karastergiou, MRCPsych.
- November 1990 - July 1991: Trainee Psychiatrist, Thessaloniki Psychiatric Hospital, Long stay unit, under supervision of Dr. Passalidis.

REGISTRATION TRAINING:

July 1989 – June 1990: General medicine, surgery, paediatrics and neurology (within medical training).

SELECTED CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

2000-present	Royal College of Psychiatrists CPD registered.
2010-present	Good Clinical Practice and Regulatory Requirements for Clinical trials training.
1998-2002	Post graduate programme, Springfield and Queen Mary's University Hospitals.
1998-2001_	Post graduate Programme, Dept. of Addictive Behaviour, St. George's Hospital Medical School (co-organiser).
1997	Weekend Workshop: Introduction in Cognitive Analytic Therapy. Organised by: Association of CAT Training and UMDS.
1994-1997	Post graduate programme and Journal Club at Mid-Kent and Guy's local rotation schemes. MRCPsych. Part I and Part II courses, Guy's Hospital, UMDS. Summertime research introduction course, UMDS.
1990-1992	Post graduate programme in Psychiatric Hospital of Thessaloniki, organiser of Journal Club and Hospital Library. One-week workshop in Systemic Family Therapy in schizophrenia. Weekly Drama Therapy workshops accredited by the Greek Association of Drama Therapy.

PERSONAL:

Place of birth: Kavala, Greece
Date of birth: 05/10/1966
Status: Married
Nationality: Greek and British

OTHER INTERESTS:

Committee member of the Hellenic Medical Society, 2011-2013.
 Funding member and board of directors of Theatre Lab Company. An award winning charity; since 1998.
 Editor of the book 'Contemporary Greek Theatre' published by Arcadia Books, London. Volume 1: 1999; Volume 2: 2002.
 Writing and translating novels and theatre plays in Greek and English. Kouimtsidis C., 'To kafenio'. 'Tram' Literally magazine, Thessaloniki, Greece, June 1992.

LANGUAGES:

English: First Certificate in English, University of Cambridge.
 French: Certificat Pratique de Langue Francaise (1er degre),
 Université de Paris Sorbonne (Paris IV).

Diplome de traduction, Institut Francais de Thessalonique (EU approved).
Greek: Native speaker.