



DR. ANDREAS VASSILIOU

Counselling Psychologist, Existential Psychotherapist & Clinical Supervisor
(CPsychol, HCPC Reg., UKCP Reg., CEPS, BPS Reg. Supervisor, FHEA, AFBPsS)

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SUMMARY

Dr Andreas Vassiliou is a Counselling Psychologist and Existential Psychotherapist with a doctoral degree in Existential Counselling Psychology and Psychotherapy, and professional registrations and accreditations in Cyprus and the United Kingdom. His clinical practice draws on the existential-phenomenological tradition and Lacanian psychoanalysis, with particular attention to the singularity of each person's experience and speech. Since 2008, he has worked across clinical, educational and mental health settings in Cyprus and the United Kingdom, including the NHS, social welfare services, occupational health and higher education. He currently works with the University of Nicosia as a Clinical Supervisor and previously served as Assistant Professor of Psychology and Professional Practice Lead at Regent's University London.

EDUCATION

Postgraduate Certificate in Higher Education

Regent's University London
2017-2019

Doctorate in Counselling Psychology & Psychotherapy

Middlesex University, London
2008-2016

BSc (Hons) Psychology

Kingston University, London
2006-2008

Studies in Social Sciences

European University Cyprus
2003-2006

SKILLS

KEY REGISTRATIONS

HCPC Reg. Counselling Psychologist
BPS Chartered Psychologist
BPS Reg. Supervisor (RAPPS)
UKCP Reg. Existential Psychotherapist
UPCA Accredited Psychotherapist
Cyprus Psychologists Registration Council (CEPS)

WORK EXPERIENCE

CLINICAL SUPERVISOR

University of Nicosia | 2025-Present

- Clinical supervision to postgraduate trainees in Clinical and Counselling Psychology programmes.
- Focus on therapeutic competencies, ethical accountability, reflective practice and case conceptualisation.

COUNSELLING PSYCHOLOGIST, PSYCHOTHERAPIST & SUPERVISOR

Private Practice | 2015-Present

- Brief, long-term and open-ended psychotherapy with adults, adolescents and couples.
- Existential and psychoanalytic/Lacanian clinical work focused on subjectivity, desire, relational dynamics and structures of suffering.
- Clinical supervision to psychologists and psychotherapists; academic and research consultation to postgraduate trainees.
- Work with culturally diverse client populations, including disabled, ethnic, religious, gender and sexual minority communities.

COUNSELLING PSYCHOLOGIST

Psych Health, London | 2022-2024

- Specialist psychological consultation and psychotherapy in occupational health and private insurance contexts.
- Assessment, formulation, treatment planning and medico-occupational reports for complex presentations, risk management and return-to-work recommendations.

ASSISTANT PROFESSOR & PROFESSIONAL PRACTICE LEAD

Doctorate in Counselling Psychology, Regent's University London | 2017-2022

- Strategic oversight of professional practice training and regulatory alignment across doctoral-level counselling psychology training.
- Worked with the Head of Programme to shape policy and maintain compliance with HCPC and BPS requirements.
- Led professional practice modules across all three years, including curriculum design, teaching, assessment and module leadership.
- Supervised doctoral research projects, supported personal tutors, contributed as viva voce examiner and represented the programme externally.

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CLINICAL COMPETENCIES

- Individual Psychotherapy
- Clinical supervision
- Psychological assessment
- Clinical formulation
- Risk assessment and management
- Online and phone therapy
- Couples therapy
- Group facilitation

SELECTED CLINICAL AREAS

- Anxiety, panic and phobias
- Depression and melancholia
- Trauma, abuse and violence
- Bereavement and loss
- Relationship difficulties
- Sexuality, gender and identity
- Work-related stress and burnout
- Self-harm and suicidality
- Parenting and family anxieties

THERAPEUTIC MODALITIES

- Brief and long-term therapy
- Individual and couples therapy
- Psychoanalytic psychotherapy
- Lacanian psychoanalysis
- Existential therapy

VICE CHAIR

Pancyprian Association for Psychotherapists, Nicosia, Cyprus | 2016-2017

- Governance, regulatory alignment and professional standards; liaison with the European Association for Psychotherapy regarding training standards and the ECP.
- Consultation with training institutes and member organisations on minimum standards for education, training and continuing professional development.

COUNSELLOR

Youth Board of Cyprus / Ministry of Education, Nicosia, Cyprus | 2012-2017

- Psychological support to children, adolescents and young adults through crisis helpline and digital counselling services.
- Crisis intervention, risk assessment, safety planning, psychoeducation, referrals and service evaluation using anonymised data.

PSYCHOTHERAPIST

Synexelxis Association, Nicosia, Cyprus | 2013-2016

- Facilitated structured therapeutic groups for children, adolescents and parents within a multidisciplinary psychological support service
- Designed interventions addressing emotional regulation, relational dynamics, identity formation and family-systemic challenges
- Worked with parents around containment, boundaries and integration of therapeutic insights.

COUNSELLOR

Cyprus Social Welfare Services, Larnaca, Cyprus | 2013-2015

- Provided psychological therapy to unemployed young adults experiencing complex psychosocial and socio-economic stressors
- Conducted needs assessments, psychoeducation and referrals
- Delivered training seminars and outreach initiatives addressing unemployment, social exclusion and economic precarity.

SUBSTANCE ABUSE PREVENTION SPECIALIST

KENTHEA Antidrug Association, Nicosia, Cyprus | 2011-2012

- Served as Prevention Specialist within the European-funded Take Care project
- Designed community-based educational initiatives on substance use
- Trained educators in prevention strategies and coordinated multi-agency prevention activity.

RESEARCH ASSISTANT

European University Cyprus, Nicosia, Cyprus | 2012-2015

- Contributed to student mental health research projects
- Co-developed research objectives, project proposals, publications and reports
- Undertook data collection, management and statistical analysis
- Disseminated findings nationally and internationally.

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MEMBERSHIPS

Society for Existential Analysis (SEA)
International Society for Psychological
and Social Approaches to Psychosis
(ISPS)
Athens Forum of Psychoanalysis of
the Lacanian Field
British Psychological Society (BPS)
United Kingdom Council for
Psychotherapy (UKCP)
Universities Psychotherapy &
Counselling Association (UPCA)

PROFESSIONAL DEVELOPMENT & TRAINING

Safeguarding adults (Levels 1-4) | 2022
NHS, Health Education England

Equality and diversity | 2022
Psych Health / Engage in Learning

Chairing Doctoral Vivas | 2018
Regent's University London
Centre for Relational Studies and
Psychological Wellbeing

**GATE: Guardians for separated
children against trafficking and
exploitation** | 2017
Cardet Academy, Nicosia, Cyprus

Training in Psychodrama | 2012-2013
Psychodrama Personality Development
Centre, Athens, Greece

**Training in
Existential/Phenomenological
Psychotherapy** | 2008-2014
New School of Psychotherapy and
Counselling, London, United Kingdom

**Training in Existential Supervision and
Group Facilitation** | 2013
New School of Psychotherapy and
Counselling, London, United Kingdom

**Training in Psychosocial Family
interventions for Psychosis** | 2009-2010
South-West London and St. George's
Mental Health NHS Trust, London,
United Kingdom

CARERS DEVELOPMENT OFFICER (MENTAL HEALTH)

South-West London and St George's Mental Health NHS Trust, London, UK | 2010-2011

- Led initiatives to embed recognition and support of mental health carers within Trust-wide service delivery
- Supported implementation of the Carers Strategy
- Developed cross-service networks and provided consultancy and workforce training to multidisciplinary staff.

MENTAL HEALTH CARE WORKER

South-West London and St George's Mental Health NHS Trust, London, UK | 2008-2011

- Developed therapeutic relationships with service users presenting with acute distress, psychosis and severe mental health crises in an inpatient setting
- Co-facilitated therapeutic groups, ward-based family clinics and carers support groups.

PUBLICATIONS & CONFERENCE PRESENTATIONS

Faulkner, N., Vassiliou, A., & Lusher, J. (2025). Individual's experience of living with Roux-en-Y gastric bypass surgery: An interpretative phenomenological analysis. *Journal of Advanced Nursing*, 81(10), 6880–6892.

Mahmoud, R., Henton, I., & Vassiliou, A. (2019). *Exploring the role of women in honour-based violence* [Poster presentation]. BPS Annual Division of Counselling Psychology Conference, Cardiff, United Kingdom. Winner of Delegates' Choice Prize and Judges' First Prize.

Stechler, N., Henton, I., & Vassiliou, A. (2019). *What is it like to be in an intimate relationship when experiencing body dysmorphic disorder?* [Poster presentation]. BPS Annual Division of Counselling Psychology Conference, Cardiff, United Kingdom.

Vassiliou, A. (2017). *The intersubjective arena of the psychotherapy for psychosis: A phenomenological account of therapists' experiences* [Conference presentation]. 20th International Congress of the International Society for Psychological and Social Approaches to Psychosis, University of Liverpool, United Kingdom.

Koliarakis, A., & Vassiliou, A. (2015). *Exploring the impact of the socio-economic crisis in Cypriot undergraduate students' general mental health and coping strategies employed* [Conference presentation]. 15th National Conference of Psychological Research of the Hellenic Psychological Society, Nicosia, Cyprus.

Vassiliou, A. (2015). Obsessive-compulsive symptomatology, religiosity levels and the illusion-of-control paradigm in a non-clinical undergraduate sample. *Journal of Religion and Health*, 54(5), 1712–1730. <https://doi.org/10.1007/s10943-014-9922-3>

Koliarakis, A., & Vassiliou, A. (2013). *Students' experiences of sexual harassment, coping and their self-esteem: A European University Cyprus study* [Conference presentation]. 14th National Conference of Psychological Research of the Hellenic Psychological Society, Alexandroupoli, Greece.

Koliarakis, A., & Vassiliou, A. (2012). *Mental health status of university students and their non-university attending peers: A European University Cyprus study* [Conference presentation]. Psychology International Conference of Athens' Institute for Education and Research, Athens, Greece.