

**ATHINA-ELENI G. MAVROUDHIS, PhD, LMHC**

23 Wight Street, Waltham, MA 02452

Cell: (781) 690-6635 \* Email: [amavroudhis@hchc.edu](mailto:amavroudhis@hchc.edu)

**PROFESSIONAL PROFILE**

A highly skilled, motivated, and dedicated licensed mental health professional with several years of teaching, administrative, and clinical experience serving higher education and the psychology field. Demonstrated track record of success working with diverse client populations in individual and group settings. Effective motivator, communicator, and advocate with inherent ability to manage all types of personalities, diffuse stressful situations, proactively resolve issues, and meet and achieve challenging goals and objectives. Innate ability to establish rapport quickly, build trust, interact with and relate to individuals on all levels. Superior leadership skills proven in successful staff development and group facilitation. Team-oriented; consistently recognized for ability to establish and maintain solid relationships with co-workers; administration, and local, state, and federal agencies. Strong interpersonal, organizational, and analytical skills. Instructor on record for 9 courses as part of the human development program portfolio.

**CORE COMPETENCIES**

<i>Addictions Counseling</i>	<i>Crisis Intervention</i>	<i>Drug/Alcohol Abuse Treatment</i>
<i>Continue Care Planning</i>	<i>Family Education</i>	<i>Client Assessment/Evaluation</i>
<i>Records Management</i>	<i>Individual/Group Counseling</i>	<i>Document Research/Review</i>
<i>Violence Prevention</i>	<i>Report Generation</i>	<i>Treatment Analysis/Planning</i>
<i>Group Facilitator/Leader</i>	<i>Case Presentation</i>	<i>Data Entry/Administration</i>

**EDUCATION / CERTIFICATIONS / ADVANCED TRAINING**

- **PhD in Health Psychology, Walden University** 11/2011-11/2018
- **Bouve College of Health Sciences, Northeastern University** 9/2001 – 6/2003
  - *Master of Science Degree in Counseling Psychology: Marriage & Family Therapy*
- **Boston University, Boston, MA** 9/1997 – 5/2001
  - *Bachelor of Arts Degree: Biology & Psychology*
- **Certification as a Licensed Mental Health Counselor #6639** 2008
- **CANS Certification** 2016
- **Golden Key International Honour Society** 2013
- **Psi Chi, Psychology Honor Society** 2014
- **Advanced Training: Case Prevention & Continuous Quality Improvement** 2008
- **Advanced Training: Personality Disorders Training** 2008
- **Advanced Training: The Chemically Dependent Family** 2009

**ADMINISTRATIVE & PROGRAMMATIC PROFESSIONAL EXPERIENCE**

- Hellenic College Holy Cross* *Brookline, MA*  
**Director for the Psychology & Human Development Program** **7/1/2016 – present**
- Provides academic advising and mentorship to Hellenic College undergraduate students in the Psychology & Human Development Program.
  - Addresses concerns regarding Psychology & Human Development Program adjunct faculty, staff, and/or students.
  - Serves as faculty advisor for the Psychology Club; responsible for monthly meetings with Psychology Club officers for event coordination.
  - Attends all HC faculty meetings.
  - Responsible for dissemination of spring practicum application, contracting, and placement sites.

- Serves as a liaison by connecting Psychology & Human Development majors/minors students with appropriate paths of study in order to achieve their educational goals (e.g., Regis College, UMASS Boston, Boston College, etc.).
- Provides professional and educational resources for students interested in pursuing psychological fields of study.
- Responsible for providing educational guidance and assistance for Psychology & Human Development students by planning schedules, recommending courses and determining appropriate education solutions.
- Provides case management to students who do not meet local educational requirements and provided assistance for at-risk students.
- Serves actively in the Assessment Committee
- Serves as Chair of the Advising Committee to create a mentor-oriented advising model
- Serves as a liaison in in coordination of Professional Pathway programs (e.g. counseling, ABA, social work, etc.).
- Encourages cross-registration of undergraduate students to expand educational experiences (e.g., Newbury College, Regis College, BC, etc.).

*Hellenic College Holy Cross, Office of Spiritual Formation and Counseling Services*  
**Psychological Care Co-Director/Counselor**

*Brookline, MA*  
**9/2006 – 6/30/2016**

- Provided individual and group counseling to staff, faculty and students/families
- Engaged in weekly peer-supervision discussing cases with site psychologist
- Coordinated Seminarian Program and Spiritual Fathers Program
- Made professional off-site referrals for staff/faculty/students
- Provided consultation on various issues, including drug & alcohol abuse, eating disorders, learning disabilities, psychological and emotional issues
- Participated in the initiation, implementation, assessment, and improvement of counseling programs/strategies to support student engagement, learning and achievement
- Served as liaison between faculty, staff and students
- Played a key role in coordinating and facilitating First-Year Experience (EISODOS) in collaboration with Academic Dean and Dean of Students
- Engaged in ongoing professional development activities and in professional/scholarly activities related to counseling
- Initiated, implemented, and assessed, counseling strategies, projects, and activities to promote student learning, retention, success and graduation
- Provided bi-yearly training for faculty and staff to initiate student referrals for academic or emotional issues
- Adjunct Faculty for Human Development Program

**Interim Director for the Human Development Program**

**8/2014 – 1/2015**

- Provided academic advising to Hellenic College undergraduate students in the Human Development Program.
- Addressed concerns regarding Human Development Program adjunct faculty, staff, and/or students.
- Served as faculty advisor for the Psychology Club; responsible for monthly meetings with Psychology Club officers for event coordination.
- Attended all HC faculty meetings.
- Responsible for dissemination of spring practicum application, contracting, and placement sites.
- Served as a liaison by connecting Human Development majors/minors students with appropriate paths of study in order to achieve their educational goals.
- Provided professional and educational resources for students interested in pursuing psychological fields of study.

- Responsible for providing educational guidance and assistance for Human Development students by planning schedules, recommending courses and determining appropriate education solutions.
- Provided case management to students who do not meet local educational requirements and provided assistance for at-risk students.

***Post-Master's Intern, Office of Student Life***

**9/2003-9/2006**

- Provided group and individual counseling while under supervision
- Engaged in weekly supervision discussing client case loads with site psychologist, and made professional off-site referrals
- Coordinated, advertised and executed monthly mental health events, such as Wellness Week, Domestic Violence Awareness, and Child Abuse Prevention for campus population
- Organized substance abuse preventative meetings with Resident Assistants (RA)
- Administered undergraduate and graduate first year college experience survey and assessed and tabulated results according to responses and student needs

<b>TEACHING EXPERIENCE</b>
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***Adjunct Faculty for Human Development Program, Hellenic College Holy Cross, Brookline, MA***

**9/2008 – present**

- Abnormal Psychology PSYC 3202
- Adolescent Development PSYC 2251
- Adulthood & Aging PSYC 3302
- Child Development PSYC 2041
- Educational Psychology EDUC 2045
- General Psychology PSYC 1001
- Personality Dynamics PSYC 2252
- Sociology SOCY 2001
- Lifespan I PSYC 2062
- Practicum PSYC 4902
- Capstone Research Project
- Psychology of Addictions Directed Study PSYC 4905
- Summer Internship Supervisor

**Boston University – School of Arts and Sciences**

**Boston, MA**

Teaching Assistant

9/1999-6/2001

- Assisted faculty members with classroom instruction, exams, record keeping, and other miscellaneous projects.
- Tutored and mentored undergraduate BU students.
- Performed laboratory research.
- Cleaned labs and set up or removed specimens.
- Obtained materials needed for classes, including texts and other materials.
- Prepared presentations for lectures and delivered lectures.
- Handed out assignments and graded papers.
- Proctored examinations, recorded grades and informed students of their final grades.
- Arranged for teaching observations and meet with students during office hours.
- Helped professors develop course plans and assist with student conferences.
- Lead discussion sections and taught undergraduate courses.
- Created and wrote materials such as a syllabus, visual aids, answer keys, and supplementary notes.
- Provide librarians with assistance cataloguing or displaying collections.
- Took attendance and recorded responses.

## CLINICAL PROFESSIONAL EXPERIENCE

Private Practice  
**Individual Clinician** Waltham, MA  
**3/2011 – present**

- Provides a range of mental health services to children, adolescents and adults as an independent contractor.
- Specializing in adjustment disorders, anxiety disorders, adoption and reunification cases, and alcohol and substance abuse.

Arbour Counseling Services Woburn, MA  
**Clinician, LMHC** **3/2009 – 12/10/2011**

- Provided individual, couples and family counseling for school aged children (K-12<sup>th</sup> Grade) and their families
- Provided individual counseling for dual-diagnosed adults and adolescents
- Received bi-monthly supervision from experts in the counseling field
- Frequent and consistent interaction with Department of Children and Families (DCF) regarding adoption, foster care placement and family reunification
- Frequent interaction with Juvenile Court System regarding juvenile delinquent clients

Bournewood Hospital Brookline, MA  
**Mental Health Counselor** **11/2002-9/2003**

- Counseled adults and adolescents with a combined dual-diagnosis of alcohol and substance abuse
- Tracked status of each client, prepared individual report, recommendations for referrals
- Planned and mediated group therapy meetings focusing on dual-diagnosis

Thomas Elementary School Arlington, MA  
**Graduate Counseling Intern/Practicum** **9/2002-5/2003**

- Offered counseling services to children between K-6<sup>th</sup> Grade with various mental health issues (ADHD, ADD, PTSD, Bipolar, Schizophrenia, Sexual Abuse, Domestic Violence, Adoption/Foster Care)
- Provided weekly progress reports before teacher-parent meetings
- Observed and analyzed individual student interactions in talk therapy, play therapy and group setting environments
- Prepared objective student evaluations and presented results and conclusions during weekly supervision

Cambridge Counseling Associates Cambridge, MA  
**Graduate Counseling Intern** **6/2001-9/2002**

- Worked under the supervision of Dr. John Chirban transcribing highly sensitive and confidential counseling sessions
- Research assistant for Dr. John Chirban, provided assistance in research collection, proof-reading and editing for Dr. John Chirban's following publications; "*The True Coming of Age*" and "*What's Love Got to Do With It; Talking w/ Kids About Sex*"

Hellenic College/Holy Cross – Office of Student Life Brookline, MA  
**Counseling Intern** **10/2001-10/2002**

- Received weekly supervision discussing various issues related to mental health such as Schizophrenia, Bipolar, ADHD, Anorexia/Bulimia, etc
- Observed supervised counseling sessions between site supervisor and students

## PUBLICATIONS

Mavroudis, A.E.G. (2019). *Life Stress, Coping, and Health in Eastern Orthodox Clergy*. ProQuest.

Mavroudis, A.E.G. (2019). *Life Stress, Coping, and Health in Eastern Orthodox Clergy*. Poster Session presented at Walden Commencement Symposium on January 18, 2019.

<b>SKILLS / INTERESTS</b>
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*Computer:*

- SAS Programming; Statistical Analysis, SPSS, QSR NVivo
- CANVAS LMS Online Teaching
- Windows XP; PowerPoint; Internet Research Databases; Jenzabar EX

*Language:*

- Fluent in Greek and English; Working knowledge of French and Spanish

*Interests:*

- Intensive international travel to Australia, Europe, Canada and Hawaii; Sing opera & play violin