

Grigorios Michalis

Education

- 1991 – 1995, University of Ioannina - Department of Philosophy, Pedagogy & Psychology Bachelor's Degree in Psychology
- 1999 – 2002, University of Ioannina - Medical School, Master of Science (MsC) in Social Psychiatry - Child Psychiatry
- 2011-2014, Association of Society for Systems Therapy and Intervention, training in Systemic Model of counseling & psychotherapy.
- 2019 – PhD University of Ioannina - Medical School

Research/Working Experience (selected)

- 2002-2004: General Manager of the European Program implemented by the Department of Social Medicine and Mental Health of the Medical School, University of Ioannina, entitled «Groupware For Distributed Content Production» in which I participated as a psychologist – researcher.
- 2006: Coordinator and general manager of the project "Cross-sectional study of the Epidemiology of Common Body Symptoms and Their Relationship with Mental Disorders in a Sample of Adolescent Students of the Region of Epirus" of Pythagoras II, Subproject 18, which took over the Psychiatric Department of the University of Ioannina.
- 2004-2007: Educator of the Center for Research on Gender Equality (KETHI) in the region of Epirus, within the framework of the project "Raising awareness of educational and intervention programs for the promotion of gender equality" of the Operational Program of Education and Initial Vocational Training (EPEAEK) II) carried out by the Ministry of National Education and Religious Affairs in collaboration with KETHI.
- 2004-2007: Teacher of special education at secondary schools.
- 2010-2018: Head of the Youth Counseling Center of the Secondary Education, region of Preveza and Ioannina, with the following responsibilities:
 - Psychosocial support for teenagers, parents and teachers
 - Planning and implementation of intervention and prevention programs in secondary schools
 - Informing and raising awareness of the local community about mental health issues.
- 2019-2024: Mental Health Counselor, President of the Counseling Center for Support, Care & Self-Awareness

Publications

- Skapinakis, P., Magklara, K., Mpellos, S., Gkatsa, T., **Mihalís, G.**, & Mavreas, V. (2007). The association between socio-economic status and mental disorders in late adolescence: Cross-sectional survey in the Northwestern part of Greece. Archives of Hellenic Medicine, 24(1), 19-29.
- Bellos S, Magklara K, Gkatsa T, **Mihalís G**, Mavreas VG, Skapinakis P. (2008). Prevalence of anorectic and bulimic symptoms in adolescences and their correlation with psychological distress, European Psychiatry, 23; S270
- Politis, S., Magklara, K., Petrikis, P., **Michalis, G.**, Simos, G., & Skapinakis, P. (2017). Epidemiology and comorbidity of obsessive–compulsive disorder in late adolescence: a cross-sectional study in senior high schools in Greece. International journal of psychiatry in clinical practice, 21(3), 188-194.
- Michalis G, Bellos S, Politis S, Magklara K, Skapinakis P. Epidemiology and comorbidity of alcohol use in late adolescence: a cross-sectional study in senior high schools in Greece, Depression Research and Treatment, 2019.

