

“Early Intervention programs in refugee and immigrant families with young children: Investigating the effectiveness of the programs”.

Its implementation was co-financed by Greece and the European Social Fund (ESF) through the operational programme ‘Human resources development, education and lifelong learning’, in the framework of the programme ‘SUPPORT OF POSTGRADUATE RESEARCHERS’ implemented by the State Scholarship Foundation (IKY).

2009 - 2013: PhD in Clinical Psychology
Panteion University, Department of Psychology, Athens, Greece.

Thesis Title: “Parent – Toddler Groups: Promoting Mental Health in the Family. A Program of Prevention and Primary Intervention in the Community”.

2003 - 2004: MSc in Psychoanalytic Developmental Psychology
UCL University & Anna Freud Centre, London, UK.

Thesis Title: “Premature Termination in Child Analysis”

1997 - 2002: BSc in Psychology
National and Kapodistrian University of Athens, School of Philosophy,
Department of Psychology, Athens, Greece.

Clinical Trainings:

2013-2017 **Cercle D’études Françaises pour la Formation et la Recherche: Approche
Psychanalytique (CEFFRAP)**
Training in Psychoanalytic Group Psychotherapy

2008-2018 **Personal Analysis**

Clinical Seminars

2004 – 2005 **Greek Institute of Infant Mental Health (G.H. Alexandra)**
Seminar in Prenatal and Infant Mental Health (December – June)

2004 **Anna Freud Centre London**
Clinical Training in Parent – Toddler Group Program (September – June)

2003 **Department of Psychiatry, University of Athens (Aiginiteion Hospital)**
Seminar in Adolescent Psychiatry (March - June)

2002 – 2003 **Community Mental Health Centre of Byron, Kaisariani. Department of
Child and Adolescent, Psychiatric Clinic, University of Athens**
Clinical Training in Primary Intervention of Children with Specific Development
Impairments (September – June)

Trainee Psychologist (September - June)

DISTINCTIONS / SCHOLARSHIPS / FUNDINGS

- 1. State Scholarship Foundation (IKY).** **2020-2021**
Scholarship for postdoctoral Research

- 2. Niarchos Foundation** **2011-2014**
Child Psychiatric Clinic, Medical School University of Athens, Children Hospital «Aghia Sofia»
Funding for the Program “Early Intervention for parents and Their Infants / Toddlers”.

Position: Research Associate
Responsibilities: Clinical Supervisor of the Parent-Toddler Groups Project.

- 3. National and Kapodistrian University of Athens.** **2004**
Bequest of Konstantinos Kriezis
Scholarship for MSc in Psychanalytic Developmental Psychology

- 4. BSc Psychology** **2002**
Distinction

- 5. Πρόγραμμα Erasmus / Socrates** **2000**
Université Paris 7 Denis Diderot (5th semester)

ACADEMIC EXPERIENCE

Publications:

1. Navridi, E. (2021). Le traumatique, dans la rencontre entre professionnels de santé mentale et familles de réfugiés et migrants: cadres et métacadres institutionnels de soutien. *Connexions*: No115 (1): 201-214.
2. Navridi, E., Lascaratou, P., Layiou-Lignos, E. (2021). The Parent-Toddler Group Project in Greece: The Institution, the Setting and the Toddler Group: The dynamics of a reciprocal relationship. *Mellanrummet, Nordic Journal of Child and Adolescent Psychotherapy*, 41:31-41.
3. Navridi, A., & Anagnostopoulos, D. (2018). Research and psychoanalysis: A controversial and complex Relationship [in Greek]. *Psychiatry*, 29(4), 69-76.

4. Navridi, E., Navridis, K. & Midgley N. (2012). Separation and Relating in a Parent-Toddler Group Setting. *Child Development and Care*. Volume 182, Issue 2, pages 221-232.
5. Navridi A. (2007). Parent – Toddler Groups: A Transitional Setting for a Transitional Age. *Child and Adolescent: Mental Health and Psychopathology*. Vol.9, 2: 73-82.
6. Midgley N., Navridi E. (2006). An Exploratory Study of Premature Termination in Child Analysis. *Journal of Infant, Child and Adolescent Psychotherapy*, 5(4): 437-458.
7. Galanaki E., Navridi A. (2006). Loneliness in Children with Primary Psychic Trauma: What do we learn from the Observations of Anna Freud. *Child and Adolescent: Mental Health and Psychopathology*. Vol 8, 1: 49-66.

Book Chapters:

Navridi, E. (2010). Integration, Sharing and Separation in Toddler Groups: A Greek experience. In Zaphiriou Woods, M. & Pretorius, I.M. (2010). *Psychoanalytic Parent-toddler Groups: Excursions and Returns*. London: Routledge.

Books:

Anagnostaki, L., Layiou-Lignos, E. & Navridi, A. (2019). *Psychoanalytic Interventions with young Children: In the Family and in the School*. Armos Publications.

Navridi, A. (2013). *Stories for Children and their Parents*. En plo Publications.

Book Reviews:

Navridi, A. (2012). Book Review. Observing the Infant. The Method of Psychoanalytic Infant Observation. Layiou – Lignos, E. (Ed.). Kastaniotis Editions 2011. *Child and Adolescent: Mental Health and Psychopathology*. Vol.14, 2: 77-80.

Papers in Press:

Navridi, E. & Anagnostaki, L. (2022). Making use of countertransference in qualitative research: Examining the services provided to refugee and immigrant families. *Journal of Child Psychotherapy*.

Teaching

Department of Early Childhood Education and Care

Assistant professor of psychology

(Early psychodynamic Interventions for infants and toddlers in Group Settings)

University of West Attica**2021****Department of Early Childhood Education and Care**

Teaching: Early Interactions (2nd semester) (main instructor)

University of West Attica**2018-2019****Department of Social Work**

Teaching: Developmental Psychopathology (5th semester), (main instructor)

Psychology of Interpersonal Relationships (6th semester), (main instructor)

Higher Institution of Technological Education of Athens**2016-2018****Department of Social Work**

Teaching at the MSc in Social Work

Emotional Development of Children and Adolescent” (main instructor)

Child Psychiatric Clinic, Medical School of the University of Athens**2011-2017****Child Hospital “Aghia Sofia”**

Teaching at the post-graduate Program “Training in Parent-Toddler groups”

Research associate

Conference & Seminar Presentations

Navridi, A. (2021, October). Le traumatique, dans la rencontre entre professionnels de santé mentale et familles de réfugiés et migrants: cadres et métacadres institutionnels de soutien. Oral Presentation at the 3rd International Conference of Psychoanalysis and Group, Athens.

Navridi, A. & Lascaratou, P. (2018, October). The Parent-Toddler Group Project in Greece. The Institution, the Setting and the Toddler Group: The dynamics of a reciprocal relationship Oral presentation at the 17th International Toddler Symposium, Anna Freud Centre, London

Navridi, A. (2017, September). Early psychoemotional Intervention in Families with young children. Oral presentation at the 10th National Conference of Psychiatry, Athens.

Navridi, A. (2017, September). Group Programs of Early Intervention in Parents with Infants – Toddlers: The Example of the Parent-Toddler Group Project of the Child Psychiatric Clinic of the Child Hospital «Aghia Sofia». Oral presentation at the 10th National Conference of Psychiatry, Athens.

Navridi, A. (2015, November). School-Family Relationship in Early Education. Oral Presentation at the 1st National Conference of School Psychology, Athens.

Layiou-Lignos, E. & Navridi, A. (2013, October). Theoretical and Clinical Bridges in Early Intervention Programmes for Parents-Infants/Toddlers. Oral presentation at the 12th International Toddler Symposium, Anna Freud Centre, London

Navridi, A. (2013, May). Parent-Toddler Groups. Oral Presentation at the 8th National Conference of Child Psychiatry, Athens.

Navridi, A. (2012, May). The Parent-Toddler Group Program in Greece. Oral Presentation at the Conference of the European Federation for Psychoanalytic Psychotherapy (EFPP), Athens.

Navridi, A. (2012, February). Parent-Toddler Groups: The Implementation of the Program in Greece. (2004 – 2012). Oral Presentation at the Symposium of Emotional Development and Mental Health of Infants and Toddlers. Prevention and Early Intervention, Athens.

Navridi, A. (2008, October). A toddler group in Greece; four years' experience and perspectives. Oral presentation at the 7th International Toddler Symposium, Anna Freud Centre, London

Navridi, A. (2008, May). Separation and Relating in Parent-Toddler Groups. Oral Presentation at the 5th International Conference of Clinical Sociology and Clinical Social Psychology, Spetses.

Navridi, A. & Midgley, N. (2006, October). An Exploratory Study of Premature Termination in Child Analysis. Oral presentation at the IX World Congress of Psychosocial Rehabilitation, Athens

Layiou-Lignos, E., Navridi, A. & Christodoulou, A. (2006, October). Beginning and Ending of Therapy in Parent-Toddler Groups. A psychoanalytic Approach. Oral Presentation at the International Conference of Psychosocial Rehabilitation, Athens. Navridi, A. (2006, May). Separation and Relating in Parent-Toddler Groups. Oral Presentation at the 19th National Conference of Psychiatry, Athens.

Navridi, A. (2006, February). Parent-Toddler Groups: A case study. Oral presentation at the symposium of Psychosocial Interventions in Early Years. National Centre of Mental Health and Research, Athens.

PROFESSIONAL EXPERIENCE

2016-2017	Eurobank Run Parental Counseling Groups for Bank's Staff
2011-	Department Of Child-Psychiatry, Medical School, University of Athens, Children's Hospital 'Aghia Sofia' Research Associate Implementation and Clinical Supervision of the Parent- Toddler Group Service
2006-2015	I.M. Panagiotopoulos School Psychologist Diagnosis and Evaluation of Children with Emotional, Developmental and Learning Difficulties, Parent Counseling, Consultation to teachers, Counseling Lectures to Parents, Educational Seminars to Teachers
2004 – 2014	Community Mental Health Centre of Byron, Kaisariani. Department of Child and Adolescent, Psychiatric Clinic, University of Athens Psychologist – Research Associate

Diagnosis and Therapy of Children and Adolescents, Counseling with Parents
Manager of the Parent-Toddler Group Service in Collaboration with the Anna
Freud Centre London.

2004-2010 Group Leader in Parent – Toddler Group

2010-2014 Supervisor of the Parent – Toddler Group Service