Dr. Alessandra Sax

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*I believe **one has to work with love and love one's work**. This is a principle that has guided me throughout my personal and professional development, both in helping individuals reach their full potential during life's trials and tribulations, as well as in teaching and training the next generation of counselors and/mental health professionals. Within all environments, educational institutions, and clinical practice, working with students and clients within the holistic framework not only fosters one to develop emotionally, socially, physically, and cognitively but also aides in understanding the needs of each individual and the diversity of culture that encompasses everyone's unique experience in life. It is my unwavering belief in meeting each person at their individual level, guided with ethos, integrity, and genuine care, which allows me to utilize the knowledge and skills acquired over the years to develop a gentle yet strong approach to leadership in the field of counselor education, counseling, and student services. Thus, empowering all stakeholders of educational and clinical institutions (students, faculty, parents, clients, supervisees), to reach their greatest potential as evolving human beings.*

Education-

Argosy University/College of Behavioral Sciences and Psychology, Chicago, Illinois
2013-2007/ **Ed. D. in Counseling Psychology and Supervision in Counselor Education (GPA: 4.0) (see doctoral courses on transcript)**
Graduation: Spring of 2013 Doctor of Education in Counseling Psychology (Supervision in Counselor Education/ Emphasized)
Research Interests: Transitions into New School Environments and the Effects of Peer Support on Students' Adjustment /Acculturation/Culture and Change/Leadership and E.Q./Harmonious, Meaningful, Holistic Education and Blended Learning.
New York University/Graduate Studies, New York, New York
M.S.W. in Clinical Social Work (Specialization in Children, Adolescents, and Families), May 12, 1994
Post Graduate Center for Mental Health, New York, New York
Advanced Course Work in Psychoanalytic Psychotherapy (Children, Couples and Families) Fall of 1993 and Spring of 1994
Hampshire College, Amherst, Massachusetts
B.A. in Psychology and Child Development, May 19, 1990
Elisabeth Irwin High School, New York, New York
High School Diploma, June of 1986

Licensure-

C.S.W., **L.M.S.W**. License & Certification from New York State, July of 1994

Research Experience-

■Students holistic well-being: The effects of online learning and students' academic success, The Hellenic American University. The Community of Inquiry (CoI) framework designed by Garrison, Anderson and Archer (2000;2001) will be discussed and how the social domain of this model contributes to students' overall academic achievements before, during and after the Covid-19 Pandemic, 2023-2020.

■The effects of i ^{2} Flex Learning on student's holistic well-being and academic success, ACS-Athens, 2019-2016.

■Transitions into New School Environments and the Effects of Peer Support on Students Adjustment, Argosy University School of Behavioral Sciences and Psychology, with Dr. Megan Swisher and Dr. Teresa Collins-Jones , 2013-2010.

■Attitudes Towards People with AIDS, Independent Study, Athens, Greece. Studied people's attitudes (Greek and Filipino) towards persons with AIDS, based on their sexual orientation, 1997.

■Attitudes Towards People with AIDS, New York University, Graduate School of Clinical Social Work. Studied people's attitudes (American) towards persons with AIDS based on their sexual orientation, with Dr. Mary Ann Jones and Dr. Beverly Diamond, 1993-1992.

■The Effects of Music on an Autistic Child, Hampshire College, Department of Social Sciences. Studied the effects of recorded music and live flute music on autistic gestures of a sixteen-year-old student, with Professor Patricia Romney, 1990-1989.

Related Experience-

Private Practice, Athens, Greece and Remotely. Provide counseling/psychotherapy to international/multicultural children, adolescents, adults, couples, and families,(USA, Canada, Africa, Europe, Asia and the Middle East), Currently-1994.

Consulting Psychologist, ACS-Athens **(**American Community Schools of Athens), Athens, Greece. Provide K-12 psychological support and services to international students, staff, and parents, Currently-2023.

Psychology Faculty, School of Science and Technology, The American College of Greece, Athens, Greece, Currently-2023. Teach undergraduate and graduate courses, supervise graduate theses, supervise clinical work of ACG Counselling Center interns, organize, host and attend professional development opportunities for students and faculty.

Expat Nest Online Counseling Consultant, Provide counselling to international expats around the world, (USA, Canada, Africa, Europe, Asia and the Middle East) individual, couples and/or families, remote: Athens, Greece, Currently-2023.

Director of the Psychology Division and University Counseling Center, Associate Professor of Psychology, Hellenic American University, Athens, Greece. Responsible for BSPSY/MSPSY Academic Programs, implementation of new courses and programs, admissions and transfers of new students, member of Academic Standards and Curriculum Committees, IRB Committee, mentor undergraduate and graduate students, lead faculty, teach various psychology courses, provide clinical group supervision to graduate interns of the Counseling Center and supervise overall operations and leadership of the Counseling Center, 2023-2019.

Founder /Director, Learning and Wellness Center, Athens, Greece. Provided educational learning support, mental health services along with other holistic programs for the overall well-being for international children, adolescents, and adults, 2022-2017.

Adjunct Faculty-Professor, Hellenic American University, Athens, Greece. Taught master's level psychology students: Life-Span Development from Birth to Death and Clinical Interviewing Skills and Consultation, (both face-to-face and online) 2019-2012.

Wellness Director/Counseling Psychologist (K-12), ACS- Athens (American Community Schools of Athens), Athens, Greece. Provide psychological support and services to international students, staff, and parents schoolwide. Coordinator and supervisor of graduate psychology intern program, implementation of psycho-educational and wellness programs school-wide. Also chaired the school-wide Child Study Team Meetings, 2019-2012.

Elementary School Counselor, ACS- Athens (American Community Schools of Athens), Athens, Greece. Provided, implemented, and created psycho-educational programs for international students JK-5, educational workshops for staff and parents and lectures to parents on Child Development Issues. Also, a member of the Child Study Team where observations, assessments and psycho-educational programs were implemented and served on the Admissions Committee. Supervision of psychology interns and counseling sessions for the students (individual and group sessions), parents and staff are also provided, 2012-2006.

Lecturer, New York College (State University of New York), Athens, Greece. Provided theory, assessment, diagnostic and treatment issues on Abnormal Psychology, Advanced Psychopathology, Child Psychology and Advanced Developmental Psychology (Lifespan Development/Adolescence to Old Age, Death and Dying) and Cultural Psychology for advanced B.A. students, in a group setting, 2005-2002.

Lecturer/Supervisor, Music Therapy Center of Thessaloniki in cooperation with New York University (U.S.A). Master's Degree Program, Athens, Greece. Provided theory, methodology and clinical practice techniques on Group Work Practice for M.A. students, in a group setting. Also supervised M.A. students' clinical fieldwork, in a group setting, 2002-2000.

Head of Pastoral Care/School Counselor, Byron College, Athens, Greece. Provided direct counseling services to children, adolescents, parents, and teachers (Elementary/Junior and Senior School). Also supervised form teachers (grades 7-11), and developed educational programs that fostered cognitive, social, and emotional well-being, 2000-1999.

Staff, **Psychologist/Clinical Social Worker/Instructor**, Byron College, Athens, Greece. Provided psycho-educational classes and seminars for international students, ages 13-18, in a group setting, 1998-1996.

Staff Psychologist/Clinical Social Worker/Supervisor, Relax Palace/Nursing Home, Athens, Greece. Provided supportive counseling and social/recreational therapeutic groups (art/ music therapy) for the elderly, ages 65-95. Also supervised B.A. psychology interns from La Verne University, 2000-1996.

Clinical Training-

Emotional Freedom Technique Trainer- The Hub, Athens, Greece. Participated in a group training with Master EFT Trainer, Mr. George Brooks, Summer 2019.
Team Psychotherapist- The Laboratory for the Study of Human Relations, Athens, Greece. Followed a Systemic, Family Therapy Training Program with Founder Dr. Chari Kataki, 1994-1996.
Staff Therapist- Post Graduate Center for Mental Health: Child, Adolescent and Family Clinic, New York, NY. Provided psychotherapy for individuals, couples and families, ages 7-46, attended multidisciplinary case conferences and training seminars, in a mental health clinic, 1994-1993.
Mental Health Consultant- Post Graduate Center for Mental Health/The Beekman Hill International School, New York, NY. Provided consultation for teachers and parents, as well as individual and group therapy for children, ages 4-12, in an elementary school, 1994-1993.
Staff Therapist- The Bridge, Inc., New York, NY. Provided concrete services and psychotherapy for chronic mentally ill adults, ages 24-58, both in individual and group therapy, attended multidisciplinary team meetings and training seminars, in a psychiatric social work agency, 1993-1992.

Professional Strengths-

Strong Interpersonal Skills- demonstrate positive support and regard to all stakeholders (administrators, faculty, students, and parents), while keeping trust and confidentiality at all-times.

Effective Leadership-demonstrate through team approach, while providing clear and effective communication, organizational and problem-solving skills.
Technologically Informed-demonstrate ability to teach university level courses online with blackboard and i^2Flex methodology of blended learning.
Language Skills- English (native language) and Greek (basic proficiency).

Additional Professional Development Activities-

Governor of the Board- The European Branch of the American Counseling Association
Editorial Board Member /Peer Reviewer- for the American Journal of Applied Psychology and the International Journal of Elementary Education for SciencePG and the International Journal of Progressive Education, 2019-2013.
RSA Fellow- *(Royal Society for the Encouragement of Arts, Manufactures and Commerce),* 2018-2016.

Hosting &Presentations-

Presenter-EB-ACA. Invited Panel Guest for Counselling in Europe, Q&A, Summer 2026.
Presenter- 66th Annual European Branch of the American Counseling Association Conference, Timisoara, Romania. Keynote Panel Speaker: The European Counselling Compass: Finding Direction in Diverse Systems and Presented on The Chart that Follows the Art: How to Make your EXA Sessions Matter & Count Fall, 2025.
Presenter- Presentation and Experiential Workshop on Bridging Creativity and Clinical Practice: Integrative Approaches to Counselling and Expressive Arts Therapies, The American College of Greece, Athens, Greece, Fall, 2025.
Presenter-EB-ACA Webinar, Refreshing & Re-Evaluating Professional Cultural Competence in Today's Ever-Changing World, Spring 2025.
Host- The Learning Institute: Counselor Marker Space of the European Branch of American Counselling at the American College of Greece, Spring 2024.
Host- The 63rd Annual European Branch of American Counseling at the Hellenic American University and **Presenter-** on M-CBT and the Expressive Arts, Counselling College Students, Fall, 2022.
Presenter-3rd International Europe in Discourse Conference: Tracing Identity Through Values, History and Borders, "Where Sea and Land Unite: The Acculturation Process with short video by visual artist James M. Lane- "Speaking of Rope" (on Refugee Crisis in Greece), also chaired sessions, Fall, 2022.
Presenter- 1st Terra (in) Cognita International Conference Dialogues between Greek Culture and Modern American Art, "Creation and Destruction: A Psychological Perspective on the Allochthon Project by James M. Lane", also chaired sessions, Fall, 2022.
Presenter- EB-ACA, Invited Professor for Learning Institute, Day Workshop on Trauma and the Expressive Arts, Scotland, Spring, 2022.
Presenter- EB-ACA**,** Panel Discussion on the Counseling Profession Overseas in a Changing World, Online, Fall of 2021, Greece.
Presenter- 1ο Διεπιστημονικό Συνέδριο: "ΦΡΟΝΤΙΖΟΝΤΑΣ ΤΟΝ ΕΓΚΕΦΑΛΟ"
The Effects of Technology use and VIRTUAL LEARNING on the education and mental Health of Adolescents, online**,** Greece, 2021.
Presenter- Inaugural Speaker, EB-ACA Webinar, The Refugee Crisis in Greece, Spring, 2020.

Presenter- 59th Annual European Branch of the American Counseling Association Conference, Athens, Greece. Presented on the International Refugee Crisis in Greece, Fall, 2018.
Presenter- 58th Annual European Branch of the American Counseling Association Conference, Budapest, Hungary. Presented on A Peer-Buddy Program implemented in an International School in Athens, Greece, Fall, 2017.
Delegate/Panel Member-ACS- Athens in collaboration with ECIS *(Educational Collaborative for International Schools)*, the RSA *(Royal Society for the Encouragement of Arts, Manufactures and Commerce)*, plus support from WISE *(World Innovation Summit for Education)*, began a project on Refugee Education and the Role that International Schools Play, Fall of 2016.
Presenter- 57th Annual European Branch of the American Counseling Association Conference, Geneva, Switzerland. Presented on Multicultural Counseling and Supervision, Fall, 2016.
Presenter- ACS- Athens Colloquium, Athens, Greece. Lead a team of educators for a group panel on the Scholarship of Teaching, Spring of 2016.
Presenter-8th Annual Conference on Open and Distance Learning, Athens, Greece. Presented on Utilizing the Face- to- Face Component of i^2Flex on Building Rapport: A Counseling Psychologist's Perspective, Fall of 2015.
Presenter- 56th Annual European Branch of the American Counseling Association Conference, Naples, Italy. Presented on Multicultural Counseling/Supervision and Psychopathology, Fall, 2015.
Presenter- ACS Athens, 10th Annual Conference on Learning Differences and Innovation Summit, Athens, Greece. Presented on What if Schools Developed a Holistic Approach to Wellness? Spring of 2015.
Presenter-Hellenic American University, Athens, Greece. Presented on Inclusive Teaching Strategies: Not Just for the Special Educator Anymore, Winter of 2014.
Presenter-Ecole Internationale Bilingue, Paris, France. Presented on Inclusive Teaching Strategies: Not Just for the Special Educator Anymore and Bridging Communication with Parents: Effective Practices for All Parties Involved**,** Spring of 2014.
Presenter-ECIS, European Council of International Schools Annual Conference, Amsterdam, Netherlands. Presented on Assisting Students' Adjustment
in International Schools: Taking a Closer Look at the Application of a Peer-Buddy Program, Fall of 2013.
Presenter-ACS Athens, 7th Annual Conference on Innovative Teaching and Inclusive Learning, Athens, Greece. Presented on Change, Culture and Language: Helping Students Adjust and Transition into a New Learning Environment, Spring of 2013.
Presenter-ACS Athens, ECIS Conference on Changing the Landscape of Early Childhood, Athens, Greece. Presented on the Emotional, Social, Physical and Cognitive Development of Children, 3-10 years of age and on Resilience in Early Childhood, Spring of 2012.
Presenter-ACS Athens, 6th Annual Conference on Building Resilience in the Classroom, Athens, Greece. Presented on The Personal Construct of Resilience in the Psychotherapeutic and Educational Setting, Spring of 2011.
Presenter-ACS Athens, 5th Annual Conference on Leading by Example: Holistic, Meaningful and Harmonious Approaches to Teaching, Athens, Greece. Presented on Multicultural Competencies and Leadership Skills in Educators and Counselors, Spring of 2010.
Presenter- ACS Athens, 4th Annual Conference on Differentiating Teaching and Learning: Unraveling the Myths, Athens, Greece. Presented on Music Therapy; Theory and Practice in a group workshop, Spring of 2009.
Presenter-ACS Athens, 2nd Annual Conference on Celebrating Learning Differences, Athens, Greece. Presented on Pervasive Developmental Disorders of Childhood, Spring of 2007.
Presenter- UNESCO & E.E.M.E.E. (Greek Association for Music Education), International Symposium on the Therapeutic Qualities of Music, Athens, Greece. Presented a Clinical Case on Group Therapy; Music and the Chronic Mentally Ill, Spring of 2001.

Presenter- New York College, Athens, Greece. Presented research, theory, methodology and clinical cases on music therapy. Also facilitated an experimental workshop in a group format, for undergraduate/master students, Winter of 2000.
Presenter- First Greek Symposium on Self-Esteem; Solutions to Today's Problems, Athens, Greece. Presented research, theory, methodology and clinical cases on music therapy and self-esteem. Also conducted an experimental workshop in a group format, Spring of 1998.
Presenter- First International Conference on Challenges for Clinical Practice; Social Services Under Threat, Florence, Italy. Presented independent research on people's attitudes towards AIDS, Spring of 1998.
Presenter- First European Conference on Psychotherapy/Psychotherapy in Europe: Trends and Practices, Athens, Greece. Presented a clinical case on con-joint psychotherapy with latency aged siblings, Fall of 1997.
Presenter- Thirteenth Pan-Hellenic Conference on The Aesthetics of the Year 2000/Where Holism meets Biotechnology, Halkidiki, Greece. Presented research, theory, methodology and clinical cases on music therapy, Fall of 1997.
Presenter-Twelfth International Conference for the World Association of Educational Research/Education of Ethnic Minorities; Unity and Diversity, Rethymno, Greece. Presented independent research on people's attitudes towards AIDS, Spring of 1997.

Publications-

Sax, A. (2026). *Understanding Child Psychopathology Trough Fairy Tales*, Palgrave Macmillan, London, UK.

Sax, A. (2026). Neurons that fire together wire together: How the creative-expressive arts affect the brain in patients who have endured trauma. In Afee, E., Auslander, T., & Weidknecht, J. K. (2024) (Eds.). (n.d.). *Treatment Planning, Writing, and Documentation in Creative and Expressive Arts Therapies* (1st ed.). Routledge/Taylor & Francis.

Sax, A. & Weidknecht, J. K. (2026). When Finding the words is just too difficult: Using the creative and expressive arts in counselling with students at International K-12 Schools. In Afee, E., Auslander, T., & Weidknecht, J. K. (2024) (Eds.). (n.d.). *Treatment Planning, Writing, and Documentation in Creative and Expressive Arts Therapies* (1st ed.). Routledge/Taylor & Francis.

Sax, A. (2021-invited chapter). Adolescent Development: Taking a Closer Look at the Brain and Virtual Educational Learning Experiences. In M.D., Avgerinou, &P. Pelonis (Eds), *Handbook of Research on K-12 Blended Learning and Virtual Learning Through the i2Flex Classroom Model*. Hershey, PA: IGI Global.

Sax, A., Gialamas, S. Leadership in Academic Institutions; Preparing Students Holistically for Life: Matters of the Heart and Mind, International Journal of Progressive Education. Vol. 13(3), 2017, pp. 71-78. MID: ijpe.2017.028

Sax, A., (2016-invited chapter). The effects of i^2 Flex learning on students' holistic well-being and academic success. In M.D., Avgerinou, & S. Gialamas (Eds*.), Revolutionizing K-12 blended learning through the i^2 Flex classroom model*. Hershey, PA: IGI Global.

Sax, A., Proceedings of the International Conference of Open and Distance Learning, sponsored by the Hellenic Open University, Athens, Greece, Fall of 2015.

Gialamas, S., Sax, A. Utilizing Mathematical Thinking in Addressing Primary Students' Adjustment to a New School Environment at an International School*, International Journal of Elementary Education*. Vol. 4, No. 3, 2015, pp. 56-64. doi: 10.11648/j.ijeedu.20150403.13

Birbil, C., Koustopoulos, T., Makrpooulos, C., Sax, A., Gialamas, S., & Koustopoulos, K. Dogs in Learning: Transforming Education, *International Journal of Elementary Education*. Vol. 4, No. 2, 2015, pp. 16-24. doi: 10.11648/j.ijeedu.20150402.11

Birbil, C., Koustopoulos, T. Vafopoulou, V., Makropoulos, C., Sax, A., & Gialamas, S. When Innovation in Education Meets the Hearts of Students Magic Transpires, *Kathimerini Newspaper*, March 22, 2015.

Sax, A**.** *Ethos Magazine***,** ACS-Athens, Various Annual Articles, Currently-2006, (Individual Issues, Volumes per request or view at www.acs.gr).

Sax, A., Child Case Vignette: Ενα Ατιθασο Παιδι Μαθαινει να Συνεργαζεται, 218-220, In Pelonis, P. (2006). Υπαρχρω;Αλλαζω (I Exist, I Change), Publisher, Ισορροπον, A.B.E., Athens, Greece.

Sax, A., Proceedings of the Greek Symposium on Gerontology and Geriatrics, Individual and Group Music Therapy for the Elderly Living in Nursing Home Facilities, Athens, Greece, Winter of 2002.

Sax, A., Proceedings of the International Symposium on The Therapeutic Qualities of Music, Sponsored by UNESCO & E.E.M.E., Athens, Greece, Winter of 2001.

Sax, A., Proceedings of the International Social Work Conference, sponsored by New York University & The Tavistock Clinic of London, Challenges for Clinical Practice from an International Perspective: Social Services Under Threat, Florence, Italy, Spring of 1998.

Awards-

EB-ACA International Service Award: European Branch of American Counseling Association, at the 66th Annual Conference Timisoara, Romania, University of West Timisoara, Fall of 2025.
President's Good Steward Award: Counseling Center, Hellenic American University, Psychology Division, Spring of 2022**.**
Excellence in Teaching, New York College, Athens, Greece, Psychology Department, Spring of 2005.

Volunteer Work-

Provide individual and group counseling to refugee children in Athens, Greece to support their mental health needs during adjustment to transient country.

References-

Dr. Peggy Pelonis/ACS-Athens (Greece) (30) 210-639-3200 President's Office
Dr. Triant Flouris/Metropolitan College (Greece) (30) 21 3-333- 0300 Provost's Office