

About me

I am Anastasia, a health psychologist, and wellness specialist. I am passionate about supporting individuals in maintaining optimum wellness and build healthy habits that last.

Background

I am Greek-Australian that has lived in the UK for ten years. I completed a BSc in Psychology and was then awarded a scholarship to do a PhD in Health Psychology and Health Behaviour Change, both at the University of Leeds. During my studies in the UK, I became increasingly interested in understanding why people, despite their good intentions and motivation, struggle to stick to their health-related goals.

From that moment on, I became fascinated by the science behind what motivates people to adopt and achieve their health and wellness goals. My doctoral research led me to develop an in-depth understanding of the techniques and strategies that can help people change their behaviour and habits to promote holistic well-being.

As a strong believer in continuing professional development, following my PhD, I train as a Clinical Psychologist at UCL, and I am currently in the final year of completing my Doctorate in Clinical Psychology. At UCL, I have gained extensive training and practical experience in delivering Cognitive Behavioural Therapy (CBT). CBT is a form of talking therapy and is based on the principle that how we think (cognition), how we feel (emotion) and how we act (behaviour) are all interconnected and guide our overall wellness. I incorporate a range of CBT principles and techniques into my practice to help people gain control over their thoughts and emotions, become aware of their problematic health habits, and develop alternative, more beneficial ways of thinking and behaving.

My academic background and practice are underpinned by evidence-based research and well-established theoretical frameworks. At the same time, my diverse training experience enables me to draw from various theories and models to meet your individualized wellness goals.

Taking the step to talk about personal matters, such as health and wellness goals, can be frightening and anxiety-provoking yet immensely worthwhile and meaningful! I am dedicated to providing a safe and confidential space for you to explore your own unique set of wellness dreams and goals. I like to work alongside individuals as a supportive companion – my practice is guided by my training expertise, but you are the expert of your own life!