



## **Associates of the Compassionate Mind Foundation**

### **Greece**

**Evrinomy Avdi** is a clinical psychologist currently working as a lecturer in clinical psychology in the School of Psychology, at the Aristotle University of Thessaloniki, in Greece. She has also trained as a dramatherapist, at the Institute of Dramatherapy at Roehampton, London, UK, and is in the process of training as a psychoanalytic psychotherapist at the North-Hellenic Psychoanalytic Association in Thessaloniki, Greece. Her research interests lie in qualitative and language-based approaches to the study of psychotherapy process and more recently on narrative approaches to the study of people's experiences of chronic and life-threatening illness, while her clinical work focuses on psychodynamic psychotherapy with people with chronic psychological difficulties, influenced by object relations and attachment theory. She is also a very keen ashtanga yoga practitioner, over the last ten years, and is interested in the links between eastern and western systems of philosophy and healing, such as yoga, meditation and psychotherapy. Her interest in compassion is related to further exploring this interface, on a theoretical and practical level. She has hosted compassionate mind training sessions at the University of Thessaloniki, with Professor Gilbert. She can be reached at [avdie@psy.auth.gr](mailto:avdie@psy.auth.gr)

