

## PAUL KIRITSIS

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### EDUCATION

#### *Academic Degrees*

Sofia University, Palo Alto, CA  
**PsyD. in Clinical Psychology** **2014-2018**

Dissertation: "Preserving the Creative Advantages of Schizophrenia: A Quantitative Pretest/Posttest Study on the Effects of Cognitive Remediation Training on Creativity"

Sofia University, Palo Alto, CA  
**M.A. in Psychology** **2014-2017**

Exeter University, Devon, UK  
**M.A. in History (Western Esotericism)** **2011-2013**  
Thesis: "Perspectives on the History of Dissociation"

Latrobe University, Bundoora, AUS  
**PGDip. in Professional Writing and Speech** **2003-2005**  
Areas of Concentration: English, Creating Nonfiction, and Jungian Psychology  
Minor: Creative Writing

Latrobe University, Bundoora, AUS  
**BSc. in Behavioral Science** **1998-2001**  
Areas of Concentration: Psychology, Neuroscience, Molecular Biology, Genetics  
Minor: Behavioral Neuroscience

#### *Metaphysical Degrees*

University of Sedona, Sedona, TX  
**DPhil. in Jungian Psychology**  
**Master of Metaphysical Science**  
**Bachelor of Metaphysical Science** **2008-2010**  
Dissertation: "The Triune Cult of the Egyptian Nut-Hathor-Isis in the context of Jungian Phenomenology"

#### *Certificates/Diplomas*

Palo Alto School of Hypnotherapy, Palo Alto, CA  
**Certified Hypnotherapist** **2016**  
Areas of Concentration: Hypnotic Induction, Guided Imagery, Habit Control, Suggestibility Testing, Phobias/Stress, and Pain Control  
Hours of Training: 50

The American Society of Neurodiagnostic Technicians, Redwood City, CA  
**Neurodiagnostic Technician** **2016**  
Areas of Concentration: The Electroencephalogram

Completed 33.5 ASET credits, certificates approved by the Biofeedback Certification Institution of America (BCIA). These include EEG 101 Terminology, EEG 102 10-20 System of Measurement and Application Techniques, and EEG 107 Technical Skills for ND Technologists.

## POSTDOCTORAL TRAINING

**Community Institute for Psychotherapy, San Rafael, CA**

**Feb 2019 –**

Position/s: Psychological Assistant.

Clinical Supervisor: Brooke Barnett, PsyD.

Testing Supervisor: Barbara Nova, PhD.

Responsibilities: Engaging in rigorous neuropsychodiagnostic testing with patients referred to CIP from other agencies (i.e., Marin Community Clinics, TMS Clinics); spearheading the psychological testing program at CIP; and providing individual psychotherapy to SMI clients.

## PREDOCTORAL INTERNSHIP

**Community Institute for Psychotherapy, San Rafael, CA**

**Sep 2017 – Jan 2019**

Position/s: Counsellor, Primary Evaluator for Neuropsychological Testing, Psychological Testing Liaison Officer, Instructor.

Clinical Supervisors: Brooke Barnett, PsyD; Elyse Boyer, LMFT; Mary Bryan, LMFT.

Testing Supervisor: Barbara Nova, PhD.

Schools' Program Supervisor: Margaret Perlstein, LMFT.

Responsibilities: Provided individual psychotherapy to twelve clients with training focus on the psychodynamic tradition; delivered individual and group counseling as well as psychological assessment services to at-risk students at Davidson Middle School in Marin County; provided counseling services to members of the geriatric population at Senior Access in San Rafael; monitored the psychological testing line and conducted telephone intakes; and engaged in rigorous neuropsychodiagnostic testing with patients referred to CIP from other agencies (i.e., Marin Community Clinics, TMS Clinics).

## PRACTICA

**El Camino Hospital, Mountain View, CA**

Position/s: Counsellor, Evaluator for Psychological Testing

**June 2016 – June 2017**

Clinical Supervisor: Peter Scheufele, PhD.

Testing Supervisor: Brooke Schauder, PhD.

Responsibilities: Provided group and individual psychotherapy to individuals hospitalized in the Psychiatric Inpatient Care Unit (PICU) for acute psychiatric disturbances; worked as part of an interdisciplinary team with psychiatrists, physicians, nurses, social workers, and occupational therapists in the behavioral health department; attended weekly treatment team meetings to report behavioral

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observations and communicate neuropsychological test results; participated in group and individual supervision with training focus on interprofessional and collaborative practice; and conducted neuropsychological testing on inpatients to determine or further clarify the nature of cognitive impairments.

**Sofia Counselling Center**, Palo Alto, CA

Position: Counsellor

**Sep 2015 – June 2016**

Clinical Supervisors: Matthew Metzger, PhD., and Meghan Freley, PhD.

Responsibilities: Conducted bi-weekly intakes and participated in group and individual supervision with training focus on third-wave behavioral therapies (CBT, DBT, and ACT); offered individual psychotherapy to clients suffering from moderate to severe clinical depression, anxiety, and trauma; administered psychosocial assessments; and provided individual psychotherapy and treatment planning for seven clients.

**RESEARCH INTERESTS**

Creativity and the neuropsychiatric, neurodevelopmental, and neurodegenerative disorders  
Olfaction and psychiatric disturbances  
Mind-matter interaction

**RESEARCH**

**Dissertation Research**

Principal Investigator: Paul Kiritsis.

**2016-2018**

Chairperson: Marilyn Schlitz, PhD.

Methods Expert: Brooke Schauder, PhD.

Content Expert: James Kaufman, PhD.

Phase: Dissertation completed and published on ProQuest.

Description of Study:

**Background:** Wrought from the aged-old debate linking the melancholia of ostensibly eccentric geniuses to creativity, many researchers today are convinced of an existing association between subsyndromal psychotic symptoms [schizotypy] and creativity. The current study addressed whether improvements in working memory capacity and mental flexibility facilitated the burgeoning of creative expression in a cohort of patients diagnosed with chronic schizophrenia. According to the Shared Vulnerability Model, the ability to process large bandwidths of information without becoming confused and the volitional switching from focused to defocused attentional states predisposes individuals to creative instead of disordered cognition.

**Method/Design:** This work employed a nonequivalent control group pretest/posttest design with a target sample of 19 patients diagnosed with schizophrenia and 19 healthy controls. The experimental group received two sequential modules of active computerized cognitive training exercises, 1 hour a day for 50 hours over 10 weeks. Patients were assessed on a creativity measure, a symptom severity measure, a measure of attention, speed, and mental flexibility, and a measure of working memory measure before and at the conclusion of the cognitive

intervention. The control group did not receive the intervention and was tested only once with the same measures.

**Results:** There were significant differences at baseline between the respondents in the healthy control and clinical samples, for dependent measures like positive symptoms, negative symptoms general psychopathology, attention, processing speed, and visuomotor function, mental flexibility, and working memory capacity. For the participants with schizophrenia, there were statistically significant differences between pretest and posttest measures for mean creativity ratings, general psychopathology, attention and processing speed, mental flexibility, and working memory capacity. Finally, a post hoc analysis revealed significant differences between the healthy control subjects and subjects from the post intervention experimental group on measures of mean creativity; after completing their modules of computerized cognitive training, the subjects with schizophrenia outperformed the healthy controls on the same creativity task (CAT).

**Discussion:** The strengths of this protocol are that it used an empirically-supported computerized cognitive intervention that had already been deployed in prior experimental research and found to be correlated with improvement in working memory capacity and mental flexibility in individuals with chronic schizophrenia; it employed highly valid and reliable measures; and it incorporated a sample size adequate and appropriate for the effect anticipated. The study was innovative because it utilized investigative resources not only to bolster protective mechanisms against decompensation but to further understand the raw underpinnings of creative processes so vital to the progress and flourishing of the human race. Positive effect outcomes for cognitive flexibility and creative measures could pave the way for the accelerated adaptation and reintegration of individuals with chronic schizophrenia into society through creative occupations.

**The ACES Study: Psi Testing**

Principal Investigator: Randy Fauver, PhD.

2016-2018

Position: Research Assistant

Description of Study: Involved with the Anomalous Cognition and Electromagnetic Shielding (ACES) study which endeavors to explore the possibility that the electromagnetic waves surrounding us every day affect our psychic abilities. The study is based on earlier work by Charles Tart, Ph.D., a professor at the University of California–Davis.

Responsibilities: Fortnightly phone meetings to liaise on possible testing strategies and subject recruitment; establish and execute a multimodal marketing plan tailored for the recruitment of participants; and gathering pertinent research articles for perusal by the primary researchers.

**BOOK PUBLICATIONS IN CLINICAL PSYCHOLOGY**

Kiritsis, P. (2019). *The creative advantages of schizophrenia: The muse and the mad hatter*. United Kingdom: Cambridge Scholars Publishing.

Kiritsis, P. (2017). *Confessions of a split mind*. Bloomington, IN: AuthorHouse.

## ACADEMIC PAPERS

Kiritsis, P. (2018). Empathy: Innate or learned? In *Antipodes Issue 64*. Melbourne, AUS: Greek Australian Cultural League, 74-76.

Kiritsis, P. (2017). *Confessions of a split mind*. Bloomington, IN: AuthorHouse.

Kiritsis, P. (2017). Memories of the future: A critical investigation into precognitive dreams. In *Metamorphosis Disintegration, Re-integration, and Conscious Living: A Transpersonal Perspective*. Cambridge, UK: Cambridge Scholars Publishing.

Kiritsis, P. (2016). The role of narrative in psychotherapy and healing. In *Antipodes Vol. 62*. Melbourne, AUS: Greek Australian Cultural League, 152-157.

Kiritsis, P. (2015). Creative expression: Poetry as a healing agent. In *Antipodes Vol. 61*. Melbourne, AUS: Greek Australian Cultural League.

*Content Editor for:*

González Rey, F. (2016). Advancing the topics of social reality, culture, and subjectivity from a cultural-historical standpoint: Moments, paths, and contradictions. *Journal of Theoretical and Philosophical Psychology*, 36(3), 175.

Pözlner, T. (2015). Moral judgments and emotions: A less intimate relationship than recently claimed. *Journal of Theoretical and Philosophical Psychology*, 35(3), 177.

## PROFESSIONAL PRESENTATIONS

Kiritsis, P. (2019, April 12-14). *The muse and the mad hatter: the creative advantages of schizophrenia*. Lecture presented at the 2019 ATP International Transpersonal Conference in Pacific Grove, USA.

Kiritsis, P. (2015, June 27). *The ancient Egyptian mother goddess in the context of archetypal mythology, narrative, healing, and postmodern spirituality*. Lecture presented at the Gender, Sexuality, and Transpersonal Psychology Symposium in CQ Functions Centre, 113 Queen Street, Melbourne, AUS.

Kiritsis, P. (2014, October 4). *Unearthing our mutual inheritance: the shared mind*. Lecture presented at the 14th EUROTAS World Conference for Transpersonal Psychology in Pilot Beach Resort, Georgiopolis, Chania, GRE.

Kiritsis, P. (2014, June 20). *Precognitive dreams and the collective unconscious*. Lecture presented at The Jung Society Lectures and Discussions in Habitat Canterbury, 2 Mont Albert Road, Melbourne, AUS.

## PROFESSIONAL AFFILIATIONS

Member of the American Psychological Association, Washington D.C., USA  
Member of the Australian Psychological Society, AUS  
Member of the European Transpersonal Psychology Association, Vienna, AUT  
Member of the Jung Society of Melbourne Inc., Canterbury, AUS  
Member of the American Metaphysical Doctors' Association, Sedona, USA

## TEACHING EXPERIENCE

**Sofia University**, Palo Alto, CA

Position/s: Co-Instructor

**April 2019–June 2019**

Serving as a co-instructor alongside the clinical director, Dr. Kelly Yi, for “PSY 39200 –Clinical Psychology Theory & Research: Clinical Applications,” a 3-credit subject taken in the 2019 Spring Quarter.

**Community Institute for Psychotherapy (CIP)**, San Rafael, CA

Position/s: Instructor

**January 2019**

Served as the instructor for 2019 *Track A* and *Track B* Training Program at the Community Institute for Psychotherapy (CIP) on the topics of “The Human Brain: Anatomy, Physiology, and Functional Neuroanatomy” and “Neuropsychology: Clinical Applications.”

## EMPLOYMENT

**Innerspace Drug Safety Services**, Collingwood, AUS

Position/s: Community Development Worker, Admin

Clinical Supervisor: Chris Hardy, RNP.

**July 2005–July 2014**

Responsibilities: Conducted weekly intakes and interviews for clients with dual diagnosis issues; ran the expressive art program for self-exploration and life enhancement strategies; assisted with running the Needle and Syringe Program (NSP) which seeks to teach safe injecting practices to injecting drug users; received individual and group supervision; and worked individually with dual diagnosis clients as to burgeon their interpersonal effectiveness and improve communication skills.

**Pan Macedonian Association of Australia**, Clifton Hill, AUS

Position: Executive Director

**June 2009 – June 2010**

Responsibilities: Partake in written and verbal liaisons with government officials, including former Prime Minister Kevin Rudd and former Minister of Foreign Affairs Stephen Smith; writing research articles for print in Fairfax publications like the *Sun Herald* in Sydney and *The Age* in Melbourne; organizing events and symposia where notable academics from Melbourne Monash, and Latrobe Universities present their ongoing research on Greek history and culture; and organize/execute various fundraisers to ensure the continued existence of the organization.

**VOLUNTEER OR SERVICE WORK**

**Sponsor a Vet for Life, Wharton, NJ**

*Position:* Counsellor

*CEO:* Ilene Morris

**January 2016 – Present**

*Responsibilities:* Co-facilitated psychoeducational group support meetings for war veterans suffering from PTSD, dissociative disorders, depression, and anxiety on a weekly basis; assisted in the development of a psychoeducational course aimed at introducing war veterans to empirically supported treatments (EST), non-empirically supported treatments (non-EST), diagnostic criteria for PTSD, neuroleptic medications, diverse relapse prevention strategies, and ways of garnering social support; wrote letters of support for war veterans seeking compensation and/or medical care; liaised with other group facilitators to organize weekly material for presentation.

**San Francisco Psychological Association of Graduate Students, San Francisco, USA**

*Position:* Chair-Elect

**Dec 2014 – Dec 2015**

*Responsibilities:* Elected position, active for 2 years, that allowed psychology students to work collaboratively with psychologists in the San Francisco Bay Area. The responsibility of the Chair-Elect (or Vice Chair) is to work with the SFPAGS Chair and the SFPA board. As an incoming SFPAGS member, the Chair-Elect can participate and observe, without having to take on the full responsibility of overseeing SFPAGS. This board position is modeled after the organizational structure used by CPA and APA.

**Greek-Australian Cultural League, North Melbourne, AUS**

*Position:* Vice President

*President:* Cathy Alexopoulos

**Dec 2012 – Dec 2014**

*Responsibilities:* Attended monthly meetings to organize literary events for Greek-Australian poets and writers; organized fundraisers and the solicitation of sponsors for the non-profit organization and read correspondence letters from members and associates; organized and hosted the annual poetry event in August, featuring some of Melbourne’s most notable poets; and managed the organization’s website, posting short expository articles and news pertaining to upcoming events, literary commotions, and persons in the literary community when requested by the president.

**AWARDS RECEIVED**

Pacific Book Review

**2017**

*Editorial Award:* Pacific Book Review Star–Awarded to Books of Excellent Merit for **Confessions of a Split Mind**

The Greek Australian Literary Award Competition 2016

**2016**

*Literary Award:* **1<sup>st</sup> Place** for **“An Encounter with the Minotaur”**

The Alchemy Guild

**2014**

*Achievement Award:* For the website **“Down the Rabbit Hole”**

The Greek Australian Literary Award Competition 2013

<u>Literary Award: 1<sup>st</sup> Merit Place</u> for <b>“Three Little Pigs”</b>	<b>2013</b>
The Greek Australian Literary Award Competition 2012 <u>Literary Award: 2<sup>nd</sup> Place</u> for <b>“The Old World”</b>	<b>2012</b>
The Sensations Magazine Literary Award Competition 2012 <u>Literary Award: Prize winner</u> for <b>“Ruminations of a Pocket Watch”</b>	<b>2012</b>
The Sensations Magazine Literary Award Competition 2012 <u>Literary Award: Prize winner</u> for <b>“An Act of Creation”</b>	<b>2012</b>
The Sensations Magazine Literary Award Competition 2011 <u>Literary Award: Shared Best Batch Award</u>	<b>2011</b>
2010 National Best Books Awards <u>Literary Award: “Origin: Poems from the Crack of Dawn”</u> was a <b>Finalist</b>	<b>2010</b>
2010 Reader Views Literary Awards <u>Literary Award: 1<sup>st</sup> Place</u> for <b>“Fifty Confessions”</b>	<b>2010</b>
2009 Premier Book Awards <u>Literary Award: 2<sup>nd</sup> Place</u> for <b>“Fifty Confessions”</b> <u>Conferred by:</u> Expert panel from <a href="http://www.PremierBookAwards.com">www.PremierBookAwards.com</a>	<b>2009</b>
2009 Written Art Awards <u>Literary Award: 1<sup>nd</sup> Place</u> for <b>“Origin: Poems from the Crack of Dawn”</b>	<b>2009</b>
2009 National Best Books Awards <u>Literary Award: 1<sup>nd</sup> Place</u> for <b>“Hermetica: Myths, Legends, Poems”</b>	<b>2009</b>
2008 Premier Book Awards <u>Literary Award: Best Book of the Year</u> for <b>“Hermetica: Myths, Legends, Poems”</b>	<b>2008</b>
2008 Reader Views Literary Awards <u>Literary Award: 1<sup>st</sup> Place</u> for <b>“Hermetica: Myths, Legends, Poems”</b>	<b>2008</b>

## AWARDS CONFERRED

The 3 <sup>rd</sup> Dorothea Dix Award <u>Winner: Stevie Wills</u> for the entry <b>“Disempowering Support”</b> <u>Topic:</u> Describe your experience with the contemporary health care system. What in your opinion are some of its major pitfalls? What needs to change for the sake of collective movement towards wholeness and psychospiritual health? <u>Prize:</u> The Tree of Life handmade crystal from Ricaro (valued at \$350 AUD) and an Amazon Gift Card, valued at \$500 AUD. <u>Judged and conferred by:</u> Paul Kiritsis <u>Presented at:</u> The Jung Society of Melbourne	<b>2017</b>
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The 2<sup>nd</sup> Dorothea Dix Award

**Winner: Jackie Warrick** for the entry **“The Ghost Hunter”**

**2015**

**Topic:** Address the fictional scenario “You are a ghost that haunts the infirmary of an abandoned mental institution. Somehow, dimensional transcommunication has been made possible with an avid ghost hunter. Narrate your story by reflecting upon your mortal life, what keeps you bound to this place, and the eternal wisdom of disembodiment.”

**Prize:** The Tree of Life handmade crystal from Ricaro (valued at \$350 AUD) and a holiday to the Gold Coast, QLD, valued at \$1500 AUD.

**Judged and conferred by:** Paul Kiritsis

**Presented at:** The Jung Society of Melbourne

The Inaugural Dorothea Dix Award

**Winner: Debra McClure** for the entry **“The Prison of the Mind”**

**2014**

**Topic:** Reflect upon a mental and/or physical illness, disability, or injury and how it prompted a reevaluation of your belief system.

**Prize:** The Tree of Life handmade crystal from Ricaro (valued at \$350) and a spa voucher valued at \$100 AUD.

**Judged and conferred by:** Paul Kiritsis

**Presented at:** The Jung Society of Melbourne

The “Transpersonal Psychology” Writing Competition

**1<sup>st</sup> Place Winners: Brett Warshawsky** for **“The Hero’s Journey: Transforming Mental Illness into a Blessing”** and **C. M. Gnaedig** for **“Healing Agoraphobia with Divine Guidance”**

**2013**

**2<sup>nd</sup> Place Winner: David Messineo** for **“The Me Who May or May Not Be Me”**

**Topic:** Describe a peak experience, a near-death experience, a past-life memory, an opening to life myth, a psychic opening, or a shamanic crisis you’ve had in detail.

**Prizes:** The Victory Trophy handmade crystal from Ricaro (valued at \$150 USD) and online publication for the 1<sup>st</sup> place winners and the Teardrop trophy handmade crystal from Ricaro (valued at \$90 USD) and online publication for the 2<sup>nd</sup> place winner.

**Judged and conferred by:** Paul Kiritsis

The “It’s all Greek to me” Writing Competition

**1<sup>st</sup> Place Winner: Joseph Parascandalo** for **“History: A Source to Learn”**

**2011**

**2<sup>nd</sup> Place Winner: Guy Puglia** for **“Does History Repeat Itself”**

**3<sup>rd</sup> Place Winner: Pippalayana Muni** for **“The Mythology of History Itself”**

**Topic:** History is the study of our collective memories. It evaluates our evolutionary path by looking at the consequences of decisions made by the administrative order of our day. In studying these consequences, we strive to better ourselves and the human condition so that the world might be made a better place for the lives of our children, and their children, and so forth. Sadly, for anyone studying the subject long enough it becomes clear that we continue to make the same mistakes, over and over and over again. So, if we’ve been made aware of these mistakes through historical analysis, then why do we continue to make them? Discuss.

**Prizes:** \$200 AUD cash prize for the 1<sup>st</sup> place winner, \$50 AUD dollar cash prize for the 2<sup>nd</sup> place winner, and signed copies of Kiritsis’ three published books for the 3<sup>rd</sup> place winner.

**Judged and conferred by:** Paul Kiritsis

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**LANGUAGES**

Bilingual–proficient in both English and Greek languages [speaking, writing, and reading].