



*Dr. Chrysoula Kostogiannis is a distinguished psychologist renowned for her expertise in cultivating healthy, positive, and rational relationships. With over 28 years of experience as a scientist-practitioner, she has dedicated her career to understanding and enhancing human connections. As an expert in Rational-Emotive & Cognitive-Behavior Therapy (RECBT), Dr. Kostogiannis has empowered countless individuals, couples, and groups to address psychological issues and promote psychological well-being through rational living.*

*Her work extends beyond clinical practice, as she has served as a professor-educator, supervisor, and consultant, delivering workshops and training to schools, universities, and organizations. Dr. Kostogiannis is a passionate advocate for fostering harmonious and meaningful relationships. Her specialization lies in successfully working with countless couples, offering invaluable insights and strategies to enhance their connection and communication. Through assessment, counseling, and coaching, her contributions have positively impacted individuals, couples, families, and communities worldwide.*