

Brief Biography

*Dr Costas Papageorgiou
Consultant Clinical Psychologist and
Associate Professor of Clinical Psychology*

Dr Costas Papageorgiou began his clinical experience at the Oxford University Department of Psychiatry assisting in experimental and treatment studies that now form part of recommended NICE guidelines. From 1997 to 2002, he worked as Senior Clinical Psychologist at North Manchester General Hospital and Research Fellow at the University of Manchester. From 2002 to 2005, he was the Deputy Director of the Specialist Service for Affective Disorders in Manchester and Senior Lecturer at the University of Lancaster. From 2005 to 2022, he worked as Clinical Lead at the Priory Hospital Altrincham. Currently, he is employed as a Consultant Clinical Psychology at Asto Clinics UK and Associate Professor of Clinical Psychology at the University of Oslo, Norway. Dr Papageorgiou's expertise and research has focused on cognitive and metacognitive theories and therapies of emotional disorders, particularly depression, social anxiety disorder, and obsessive-compulsive disorder. He has co-authored the first studies examining the link between rumination, depression, and metacognition, and co-edited the first volume documenting these links, entitled "Depressive rumination: Nature, theory and treatment", and co-authored the self-help book "Coping with depression: A guide to what works for patients, carers, and professionals".