

Chrisanna Mastorakis, Ph.D., LMHC

Assistant Professor of Psychology | Licensed Mental Health Counselor

cmastorakis2@sfc.edu | [LinkedIn](#) | [ORCID 0009-0000-5166-7903](#)

EDUCATION

Doctor of Philosophy in Industrial and Organizational Psychology | Capella University

July 2021

GPA: 3.94/4.0. Dissertation: A Qualitative Investigation of Greek Employees Working in an American Organization in Greece.

Master of Science in Clinical Psychology | Hellenic American University | Athens, Greece

December 2014

Magna Cum Laude; GPA: 3.86/4.0. Thesis: A Study of Well-being Levels on University Students. Completed 60 credits and a 600-hour supervised internship and community placement.

Bachelor of Arts in Psychology | The American College of Greece | Athens, Greece

June 2012

Minor in Biology.

LICENSURE AND PROFESSIONAL CREDENTIALS

Licensed Mental Health Counselor | New York State

June 2026-Present

Fellow Associate in Rational Emotive and Cognitive Behavioral Therapy | Albert Ellis Institute affiliated training center | Athens, Greece

June 2015

Completed a three-year training and supervised clinical practicum in RE-CBT.

ACADEMIC APPOINTMENTS AND TEACHING EXPERIENCE

Assistant Professor of Psychology | St. Francis College | Brooklyn, New York

September 2026-Present

- Undergraduate courses include General Psychology, Developmental Psychology I, Industrial and Organizational Psychology, and Experimental Psychology I.
- Teach and mentor students across introductory, developmental, applied, and research-focused psychology curricula.

Online Adjunct Faculty in Psychology | Southern New Hampshire University

October 2021-Present

- Asynchronous courses include: Industrial and Organizational Psychology, Theories of Personality, Assessment and Testing, Cross-Cultural Psychology, Counseling Process and Techniques, Biopsychology, and Research Methods.

Visiting Assistant Professor of Psychology | Wagner College | Staten Island, New York

August 2025-August 2026

- Courses taught: Introduction to Psychology, Psychological Assessment, Psychopathology, and Introduction to Counseling.
- Fulfilled teaching and faculty responsibilities within the undergraduate psychology program.

Adjunct Faculty in Psychology | New Jersey City University | Jersey City, New Jersey

January 2023-June 2026

- Courses taught: Experimental Psychology, Senior Research Seminar, Positive Psychology, Social Psychology, Advanced Developmental Psychology, and Stress and Coping for First Responders.

Adjunct Faculty in Psychology | Adelphi University | Garden City, New York

January 2024-June 2025

- Courses taught: Theories of Personality and Lifespan Development for Non-Majors.

Online Graduate Teaching Assistant in Psychology | Capella University

July 2018-June 2021

- Supported online instruction through grading, detailed learner feedback, student communication, supplemental materials, and weekly course introductions and summaries.

- Completed professional development in online teaching, support for at-risk learners, teaching ethics, APA style, and learning-management systems.

Professor III Assistant | The American College of Greece Deree | Athens, Greece

September 2009-September 2011

- Served as reader and academic assistant to Dr. Eleftheria Bernidaki-Aldous, Professor of Classics and former Member of the European Parliament.

EDITORIAL AND PEER REVIEW EXPERIENCE

Associate Editor | International Journal of Adult Education and Technology

September 2026-Present

Editorial Review Board Member and Manuscript Reviewer | International Journal of Adult Education and Technology

November 2023-August 2026

- Completed 19 manuscript evaluations before appointment as Associate Editor.

CLINICAL AND COUNSELING EXPERIENCE

Founder and Licensed Mental Health Counselor | Define Therapy NY | New York

June 2026-Present

- Provide remote psychotherapy services to adults through an independent private practice.
- Integrate evidence-based and RE-CBT-informed approaches according to individual client needs.

Licensed Mental Health Counselor | Joyful Journey Counseling Services | New York

January 2026-Present

- Provide remote counseling services to adults.

Mental Health Counselor Limited Permit | Peaceful Psychotherapy | New York

December 2024-January 2026

- Provided remote counseling to adults, individuals, and couples under weekly supervision.

Psychotherapist in Private Practice | Independent Remote Practice | Greece

December 2023-December 2024

- Provided remote psychotherapy services following the transition from an Athens- and Chania-based practice.

Mental Health Counselor and Psychotherapist | Counseling and Psychotherapy Center OriZo | Athens and Chania, Greece

September 2015-December 2023

- Provided psychotherapy to adolescents, adults, families, parents, and couples.
- Assessed client needs, developed appropriate treatment approaches, maintained clinical records, and facilitated seminars and psychoeducational groups.
- Coordinated practice administration and personnel.

Scientific Associate and Mental Health Counselor | Adolescent Health Unit, P. and A. Kyriakou Children's Hospital | Athens, Greece

January 2015-October 2016

- Worked on a multidisciplinary team and represented the ME Ypostirizw helpline.
- Supported the European ENABLE anti-bullying program through Greek-English translation and data analysis.
- Co-led parent psychoeducation on adolescent internet use and a social-emotional skills group for adolescents.

Trainee Intern | Hellenic Institute for RE and CBT | Athens, Greece

July 2014-July 2015

- Conducted individual psychotherapy with adults under weekly individual and group supervision.
- Designed and co-led a psychology internship program for high school students and translated academic and clinical materials.

Head Counseling Center Intern | Hellenic American University | Athens, Greece

October 2013-June 2014

- Completed a 600-hour supervised internship and helped establish the university counseling center.
- Conducted counseling sessions, career testing, report writing, case documentation, and psychometric assessment.
- Developed RE-CBT psychoeducational groups addressing stress management, relationship enhancement, and academic goals.

RESEARCH EXPERIENCE

Research Associate | Qed Market Research | Athens, Greece

February 2017-May 2018

- Conducted qualitative interviews, analysis, and data presentations for projects involving Athens International Airport and pharmaceutical companies.

RESEARCH AND SCHOLARLY INTERESTS

Student well-being; digital stress; online and adult higher education; learner support; counseling and clinical psychology; psychologically responsive teaching; workplace well-being; leadership and professional development; qualitative research; industrial and organizational psychology.

PUBLICATIONS AND SCHOLARLY WORKS

Mastorakis, C. (2022). The experiences of a learner support person in the online education environment. In Driving Innovation with For-Profit Adult Higher Education Online Institutions (Chapter 12). IGI Global.

Mastorakis, C. (2021). A qualitative investigation of Greek employees working at American organizations in Greece [Doctoral dissertation, Capella University]. ProQuest Dissertations Publishing.

Mastorakis, C. (2016). A psychoeducational parent group for adolescent dysfunctional internet use. 20th European Congress of the International Association for Adolescent Health.

Mastorakis, C. (2016). Schoolers: The first school refusal program in Greece. 5th International eLife Conference.

SELECTED PRESENTATIONS AND CONFERENCE SERVICE

Poster Presenter | 20th Congress of the International Association for Adolescent Health

September 14-17, 2016

Presenter | 5th International eLife Dual Congress

June 23, 2016

Organizing Committee Member and Presenter | 9th State Adolescent Health Conference

April 1-2, 2016

Organizing Committee Member and Presenter | 1st Ariadni Continuing Education Conference

May 15, 2015

Organizing Committee Member | 8th State Adolescent Health Conference

March 13-14, 2015

PROFESSIONAL AFFILIATIONS

American Psychological Association, Associate Member, 2015-Present

LANGUAGES AND TECHNICAL COMPETENCIES

Languages: Greek and English, native proficiency; professional and academic translation between Greek and English.

Research and instructional technologies: IBM SPSS; Blackboard, Brightspace, Moodle, and Canvas learning-management systems; Microsoft 365; Google Workspace; Zoom; Adobe Acrobat.

Academic writing: Advanced knowledge of APA Style, 7th edition.