



Dear prospective client,

As you consider opportunities for your personal or professional growth, we believe you have found a high-quality option in the Colloquy Communities Counseling Center. With confidence and appreciation for the work of Colloquy's professionals, let me introduce you to our team of counselors and coaches as well as our practices as a counseling center.

The Colloquy Communities Counseling Center offers individual online sessions for people seeking mental health counseling, psychotherapy, or leadership and life coaching. Our team serves people of all ages, and we offer services in the following languages: English, French, Polish, Farsi, Greek, and Bulgarian.

The Colloquy Communities Counseling Center is a non-profit referral association that connects individual clients with mental health and coaching professionals. While the counselors and coaches affiliated with our counseling center are committed to our vision to provide affordable professional counseling (50 euros per session), these professionals provide counseling services through their own independent practices. As a counseling center, we are limited to making referrals only. All responsibility for the provision and quality of counseling services rests solely with the individual counselor or coach. Therefore, your counselor or coach may also ask you to complete an additional contract as a client-counselor agreement.

How to get started:

- Read over the professional bios below. In your client information form (see link below), you can either request a specific counselor/coach or allow Colloquy to designate a counselor or coach who can best serve you and your needs.
- Complete and submit your **Client Information Form**.
- Request a consultation for more information about Colloquy, if desired.
- Wait to hear from your counselor to schedule your first session.

Again, I have a strong confidence and trust in the quality of our team, and I believe your experience will be important for the steps you hope to take. If you have any questions, you can contact me via email or WhatsApp text.

Kind regards,

Lawrence Sharrett, M.Ed., M.Div., MSc.

Director, Colloquy Communities Counseling Center

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PSYCHOLOGISTS & COUNSELORS



Melika AzizHaghighi

Licensed Psychologist & Counselor

Melika AzizHaghighi is an Iranian psychologist – psychotherapist located in Athens, Greece. She has been awarded a BA in Psychology and MSc in Counseling Psychology & Psychotherapy from The American College of Greece – Deree in Athens. Currently, she is collaborating with various NGOs in Athens, specializing in networks for migrants and refugees living in Greece. She also has worked with various research projects on gender-based violence, and trauma within vulnerable populations (refugee women). Her main approach in treatment is psychodynamic and existential and her specialties are diversity and culture, stigma, gender-based violence, trauma, psychiatric disorders, depression, and anxiety.



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PSYCHOLOGISTS & COUNSELORS

Anastasia Katsouli



Licensed Psychologist

Anastasia Katsouli is a Greek American psychologist and Integrative psychotherapist. She graduated from Deree College and the Open University with a scholarship, earning a BA in Psychology with honors. She continued her graduate studies in Counseling Psychology and Psychotherapy with a scholarship and graduated with distinction.

She completed her training through internships at the 1st Public Clinic of Athens, Greece, and at the Counseling Center of Deree College. She has published studies at International and Greek conferences and has given lectures and seminars to international boards and communities. She is a member of the American Psychological Association and of the Greek Association of Psychologists and currently maintains her private practice in Athens, Greece. She specializes in adults and treats clients with various diagnoses ranging from anxiety and mood disorders to clients facing self-esteem/ confidence issues, behavioral issues or facing grief, and many others. For more information about Anastasia's practice, visit her site here: akatsouli.com



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PSYCHOLOGISTS & COUNSELORS

Jen Lacroux



Facilitator of Grief Retreats and End-of-Life Grief Companion; Pastoral & Grief Counselor

Born in England, raised in Canada, and now living in France, Jen has developed a deep understanding of the dynamics of change, letting go, and renewal. Her inspiration to support individuals at the end of life or in bereavement came from accompanying a dear friend through her challenging illness and passing. The profound grief of that experience taught her the importance of not facing the end of life or grief alone.

Professionally, she has worked in community development, leadership training, integration services for refugees, and supporting individuals with rare diseases. Her background also includes studies in the arts and world religions, and she is trained in end-of-life and grief support through the Couleur Plume association.

Jen works in areas of community development initiatives. She has a Master's Degree in Theology from the University of McGill in Montreal, Canada.

Along with her work, Jen is really interested in learning about what it takes to build strong neighborhoods and to increase awareness of environmental issues. For fun, she likes to paint, go out for dinner and read comedy novels. She recently moved from Toronto and now lives with her husband and three children in France.



PSYCHOLOGISTS & COUNSELORS

Filippos Marselos

Licensed Psychologist - Psychotherapist (MSc)

Filippos Marselos (MSc) is a psychologist and psychotherapist with six years of clinical experience and a private practice in Athens, Greece. An honors graduate of the American College of Greece and the Open University (UK), he holds an MSc in Counseling Psychology and Psychotherapy.

Filippos practices an integrative, evidence-based approach, drawing from Process Based Therapy (PBT), Compassion Focused Therapy (CFT), Cognitive Behavioral Therapy (CBT), systemic, and psychodynamic psychotherapy, to provide personalized, collaborative care. He is an international affiliate member of the APA and has led numerous mental health workshops and seminars with Colloquy. He has also contributed extensive volunteer work in different mental health settings, such as a counseling center, a municipal health center, a mental health helpline and two major psychiatric clinics in Greece. His goal is to provide immediate relief and enable long-term and sustainable personal growth.



PSYCHOLOGISTS & COUNSELORS



Zuzanna Panek

Mental Health Counselor

Zuzanna Panek is a Counseling Psychology PhD student at Arizona State University. She is an MS graduate of Counseling Psychology and Psychotherapy from the American College of Greece and holds a BS in Psychology from the University of Roehampton in London. She is passionate about mental health, having experience working with individuals from diverse backgrounds and with various psychological difficulties. She is particularly interested in issues related to interpersonal relationships, anxiety, depression, and personality disorders, being an enthusiast of psychodynamic, relational and systemic approaches to therapy. In her work, she applies multicultural perspectives, acknowledging each individual's unique identities and experiences.



PSYCHOLOGISTS & COUNSELORS



Courtney Sharrett

Psychologist

Graduating from The American College of Greece and earning a B.A. in Psychology with honors, Courtney is a candidate for professional license as a psychologist in Greece. Courtney believes it is essential to find the right support for the various mental health challenges we all can face in life. She believes that attention to mental health is not a passing trend, but it is a core need that deserves attention in everyday life because counseling benefits every person in different ways for the different seasons of life.

She continually seeks to further develop her knowledge of best practices and scientific research in the field of counseling psychology, particularly in the areas of trauma, anxiety, attachment theory, understanding somatic symptoms in the body and practices for recovery, cross-cultural adjustments and transitions, and the correlation between nutrition and mental health. Appreciating the connection between scientific evidence and everyday life, Courtney's research thesis explored the role of how sleep quality can reduce the effects of daily anxiety levels.

She desires to offer a safe space for processing the many difficulties of life through a client-centered, existential approach (this means you set the pace and focus). As an expat herself, she is particularly interested in supporting expat women as they navigate unique cross-cultural challenges. Originally from the United States, she is currently based in Eastern Europe while working with international clients. She is available to serve adult clients.



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PSYCHOLOGISTS & COUNSELORS



Lawrence Sharrett

Mental Health Counselor & Leadership Coach; Director, Colloquy Communities Counseling Center

Originally from the United States, Lawrence is currently based in Athens, Greece. As a mental health professional, he works with mental health initiatives for individuals and for groups. With degrees in counseling psychology and psychotherapy, educational leadership, and theological studies, education has been an important part of his personal and professional journey. With over 10 years of counseling experience in contexts ranging from hospitals to classrooms and offices to online sessions, he provides counseling and coaching for adults, adolescents, or children, especially expats and expat families.

His professional counseling experience includes work with people in several areas: understanding how family shapes a person, identity development, emotional regulation, conflict and reconciliation, social and emotional leadership skills for youth, expat challenges, being a person of faith in post-faith contexts, acute or chronic stress along with anxiety and depression, accumulated grief from pain and loss in life, leaders seeking innovation support, and people wrestling with guilt and shame in life.

Additionally, he is a lifelong learner whose approaches as a counselor are person-centered, existential, and integrative, specifically seeking to empower clients toward innovation and creativity as they discover their way forward in life. He finds joy in the privilege and responsibility of walking alongside others as they grow personally or professionally.



COACHES & MENTORS

Ornella X. Akrivopoulou

Creativity Mentor, Artist & Illustrator

Based in Thessaloniki, Greece, Ornella Xarikleia Akrivopoulou is an artist, illustrator, and creativity mentor with over 10 years of experience across art, education, and community-based creative practice. She holds a foundation degree in Art & Design and a Bachelor's degree in Illustration and Printmaking, and has supported creatives of all ages—from children to adults, including dancers, writers, and visual artists—through mentoring, facilitation, and project leadership.

Her work includes roles as an art director, designer, illustrator, and project manager, with experience at an art center for professional artists in Philadelphia, creative summer programmes at universities in the USA, and teaching art in schools and private settings. A certified Messy Clay Play facilitator, Ornella centers her practice and mentoring on experimentation and material play, using clay, ink, paint, printmaking, and other materials as tools for self-expression and emotional release.

With warmth and curiosity, Ornella creates brave, joyful spaces where individuals and teams can access their inner child creativity, embrace their “mess,” and express their inner worlds authentically. At the core of her values is freedom—the freedom to create, explore, and communicate beyond words—and she invites others to make it visible, tangible, and alive.



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COACHES & MENTORS

Thato Belang



Leadership & Authenticity Coach; Vice President, Colloquy Communities; Co-Director, Colloquy Leadership School for Youth

Based in Johannesburg, South Africa, Thato is a leadership development professional, and executive coach with 20 years of experience working at the intersection of personal development, social impact, and organizational change. She has supported leaders, students, executives, and community builders across Southern Africa in navigating seasons of transition, burnout, purpose-seeking, and cross-cultural complexity. With a calm, discerning presence, Thato helps individuals and teams reconnect with their inner clarity, emotional resilience, and spiritual grounding.

Her work spans diverse sectors—including corporate, nonprofit, government, and education—where she has designed and facilitated mentorship programmes, leadership development journeys, and faith-informed wellness initiatives. She is particularly passionate about creating brave and compassionate spaces for Black professionals, women in leadership, and emerging changemakers.

Whether meeting one-on-one or in small group settings, Thato holds space with warmth, wisdom, and cultural sensitivity—always seeking to honour the story, complexity, and sacredness of each life she encounters.



COACHES & MENTORS

Michael Kornas

Music Coach; Musician; Professional Educator

Michael Kornas is one of the most promising pianists of his generation. Numerous musical greats accompanied and taught him on his musical path, most recently ECM Artist, Dominik Wania, under whose pedagogical direction he completed his master's degree at the Krakow Music Academy in 2021.

In 2020 he won the internationally renowned "Transatlantyk Instant Composition" competition in Katowice, and in March 2021 his debut album "After Darkness Comes Life" was released.

He always finds profound emotions in his compositional process and brings them to life, which he now also shows in his latest project "No Beauty Without Strangeness", which can be assigned to the category "Modern Jazz".

In improvised music such as jazz, every musician must be connected to their feelings, their "inner sound" in order to be able to bring their emotions to the audience. Therefore, "Mindfulness" has become an important part of his practice and teaching methods, especially in recent years. Not only when making music, but also when listening, we can connect with our soul and our spirit and thus achieve an inner balance. Music is emotion and music is in each of us!



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COACHES & MENTORS

Athina Tsellou

Life & Business Coach & Counselor; Accredited PCC (Professional Certified Coach) by the International Coaching Federation (ICF)

Athina is a Life Coach and Group Facilitator with extensive experience in supporting individuals and teams towards self-awareness and growth. She is committed to helping people align their core sense of self to discover and utilize their full potential.

After 12 years in the banking sector, she dedicated a decade to perfecting her craft as a professional life and leadership coach, working both individually and with groups at personal and corporate levels. Her expertise lies in using an innovative coaching model that addresses modern individuals holistically and meets them in their “wholeness.”



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COACHES & MENTORS

Dima Wadjih

Breathwork Coach & Yoga Instructor

Based in Dubai, Dima is a certified yoga and breathwork teacher that comes with 10 years of experience in the well-being space. She started her personal yoga practice at the age of 19 and dove deeper into the discipline when she completed her first teacher training in India.

The foundation of Dima's teaching is based on Hatha Yoga & Ayurveda. She has a MA in Cognition where she focused her studies in neuroscience and philosophy. She continued her training in breathwork and Anusara Yoga, with the curiosity of learning more and experiencing the Universal Principles of Alignment and non-duality. She is currently doing a breathwork mentorship to delve into the wisdom and healing benefits of conscious breathing.

Dima's heritage is from Syria, she has taught in London, in studios in Copenhagen & Spain and is now based in Dubai, UAE. She has a deep passion for holistic well-being practices, understanding the human experience and sharing what she learns, and the tools she uses, with her communities so that they can integrate them into their daily lives. Dima is available for 1-2 specialized sessions with a client seeking practical application for breathwork as a way to calm one's nervous system and improve quality of life.



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LEARN MORE ABOUT THE COLLOQUY COMMUNITIES COUNSELING CENTER:

Colloquy creates a welcoming ethos for local and expat communities or for expats to find quality mental health counseling. Colloquy's team of experienced counselors, coaches, and educators provide quality support for adults or youth who seek our services.

COLLOQUY OFFERS THREE MAIN INITIATIVES FOR MENTAL HEALTH:

Colloquy Counseling Center: Colloquy's team of mental health and coaching professionals offer individual services for those seeking mental health counseling, psychotherapy, and leadership or life coaching via online sessions. Our team serves people of all ages, and we offer individual counseling support in the following languages: English, French, Polish, Farsi, Greek, and Bulgarian.

Colloquy Communities: Skilled facilitators present high-quality content on topics for personal and professional development through live online workshops. Interactive and respectful conversations follow. Meetings occur monthly and participants choose the meetings that interest them most. All Colloquy meetings last around 45 minutes. See our [calendar](#) for our upcoming opportunities or [schedule](#) a conversation with one of our leaders.

Colloquy Leadership School for Youth: This online program is led by a diverse international team of Colloquy counselors, coaches, and educators who seek to inspire social and emotional leadership skills for young people. This psychological education program is a place that offers international youth a place to belong while learning important life skills around the topics of mental health and leadership.

TO LEARN MORE ABOUT ANY OF THESE PROGRAMS, YOU CAN CONTACT US
[HERE OR EMAIL US AT: COLLOQUYCOMMUNITIES@GMAIL.COM](mailto:COLLOQUYCOMMUNITIES@GMAIL.COM)