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## Let's tango! Integrating professionals' lived experience in the transformation of mental health services

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# Biography and Publications



## Biography

Simona Karbouniaris was born on the Peloponnese in Greece in 1980 and moved to The Netherlands as a baby. She attended both Dutch and Greek primary schools in the Dutch provinces of Limburg, Brabant and Gelderland. After secondary school, she started studying social work in Nijmegen in 1998. She interrupted her studies to take up residence on the Mastic island of Chios and obtained her yoga teaching degree in Ashtanga-Vinyasa. After finishing her bachelor's degree in 2005, she was offered the position of junior researcher at the Centre for Social Innovation of HU University of Applied Sciences Utrecht.

Simona combined her work as a lecturer and researcher while working as a coordinator at the Ursula Centre for Eating Disorders in 2009 and studied social sciences at the LESI/ University of Humanistic Studies in 2010. She conducted different research projects related to mental health and community support. She started this PhD research in 2019.

## Publications (2019-2023)

Karbouniaris, S. van Gaalen, E., Daniëls, D., Weerman, A., Wilken, J.P. & Abma, T.A. (*submitted*). Working with lived experiences in mental health: organisation challenges.

Karbouniaris, S., Boomsma-van Holten, M., Oostindiër, A., Raats, P., Prins-Aardema, C.C., Weerman, A., Wilken, J.P. & Abma, T.A. (2023). Explorations on the use of lived experiences by psychiatrists: facilitators and barriers. *Journal Mental Health and Social Inclusion* 27(1), 66-80.

Karbouniaris, S., Wilken, J. P., Weerman, A., & Abma, T.A. (2022). Experiential Knowledge of Mental Health Professionals. Service Users' Perceptions. *European Journal of Mental Health*, 17(3), 23-37.

Karbouniaris, S., Weerman, A., Dunnewind, B., Wilken, J.P. & Abma, T.A. (2022). Professionals harnessing experiential knowledge in Dutch mental health settings. *Mental Health and Social Inclusion* 26(1), 75-88.

Karbouniaris, S., Abma, T., Wilken, J.P., & Weerman, A. (2020). Use of experiential knowledge by mental health professionals and its contribution to recovery: Literature review. *Journal of Recovery in Mental Health*, 4(1), 4-19.

## Not part of this dissertation:

Karbouniaris, S. & van Os, J. (in press). *Trauma begripen in 33 vragen*. Amsterdam: Lannoo campus.

Karbouniaris, S. (2023). Living the madness. *British Journal of Social Work* 53, 1916-1918

Boomsma - van Holten, M., Weerman, A., Karbouniaris, S., Van Os, J. (in press). The use of experiential knowledge in the role of a psychiatrist. *Frontiers in psychiatry*

Ten Napel-Schutz, M. C., Karbouniaris, S., Mares, S. H. W., Arntz, A. & Abma, T. A. (2022). Perspectives of underweight people with eating disorders on receiving Imagery Rescripting trauma treatment: a qualitative study of their experiences. *Journal of eating disorders*, 10(1), 188.

Karbouniaris, S. (2021). Fragmented selves: a first person account on trauma and dissociation. *Journal Archives of Psychiatry and Psychotherapy*, 23(3), 7–10.

Karbouniaris, S. & Van Os, J. (2021). Psychiatrists harnessing lived experiences: a risky business? *Psychiatric Times*, <https://www.psychiatristimes.com/view/harnessing-lived-experiences-risky-business>.

Karbouniaris, S, Van Dam, N., & Vries, A. de (2021). Ik ga naar mijn werk en laat thuis. *Sozio*, 3 (9).

Karbouniaris, S. & Witteveen, E. (2021). De ervaringskennis van de mantelzorg, over de kracht van ervaringsdeskundigheid. In: Witteveen, E., Siteur-Scholten A. & Brandts, M. (red). *Hartenkreten van mantelzorgers. Over de kunst van het samenwerken*. Gompel & Svacina, Antwerpen/ 'S Hertogenbosch.

Karbouniaris, S. & Vries, A. de (2019). De nieuwe zorgprofessional, traumasensitief en ervaringsdeskundig. *PsychoSociaal Digitaal*, 12(2), 12-17.

Weerman, A, Jong, de K., Karbouniaris, S., Overbeek, F., Loon, van E. & Lubbe, van der P. (2019). *Professioneel inzetten van ervaringsdeskundigheid*. Amsterdam: Boom.



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