

Jason Maratos
CURRICULUM VITAE

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EDUCATION: Athens College, Psychico, Athens, Greece. (1962)

REGISTRATION WITH GMC: Principal List; Specialist Register;
Registration No. 2625951

QUALIFICATIONS:

1. Medical Degree of the University of Athens (June 1969) (Mention: very good)
2. Diploma in Psychological Medicine of the Royal College of Physicians of London and the Royal College of Surgeons of England (June 1973)
3. Master of Philosophy in Psychiatry, The Institute of Psychiatry of the University of London (1976)
4. Member of the Institute of Group Analysis, London, (July 1980).
5. Training Group Analyst, Institute of Group Analysis (June 1993).
6. Member of the Royal College of Psychiatrists (June 1998).
7. Fellow of the Royal College of Psychiatrists (February 2005).

MEMBERSHIP TO PROFESSIONAL ASSOCIATIONS

1. The Group-Analytic Society (London)
2. The Association for Child and Adolescent Mental Health.
3. The British Medical Association.
4. The Medical Protection Society (No. 85751)

PREVIOUS APPOINTMENTS

Epidemiology: During my last two years as an undergraduate, I was employed as a Research Assistant to the Professor of Epidemiology at the University of Athens. This post gave me valuable experience in research, methodology and epidemiology.

Among other projects, I was involved in the study of the epidemiology of abortions in Greece and their effect on this Country's demographic prospects.

General Medicine and Paediatrics:

1. House Physician (in General Medicine and Paediatrics) at Hackney Hospital under Drs. P.B. Newcomb and R.J.K. Brown (December 1969 - June 1970).
2. Senior House officer in General Medicine at St. Leonard's and Metropolitan Hospitals under Drs. W. Gibb and E. Glick (8th September 1975 - 31st March 1976)
3. Registrar in Medicine at Hackney Hospital under Dr Cardno and Dr. M. Wilkinson (Locum of three weeks in October 1971).
4. Registrar in Medicine at the West Middlesex Hospital under Drs. J. Stewart and Mclean-Beard (Locum for three weeks in August 1975).

Surgery

1. House Surgeon at Greenwich District Hospital under Mr. W.R. O'Flynn and Mr. Eldin (June 1970 - December 1970).

Neurology

1. Registrar in Neurology at St. Bartholomew's Hospital London in association with a Research Fellowship at the Princess Margaret Migraine Clinic under Dr. M. Wilkinson, Dr. J.W. Aldren-Turner and Dr. A. Hopkins. At this post in addition to obtaining experience in Neurology and Electroencephalography, I had the opportunity of carrying out research in Migraine in children and adults (June 1974- July 1975).
2. Medical Assistant in Neurology at the Regional Neurological Centre, Eastern Hospital (Director: Dr. M. Wilkinson) (2nd - 18th October 1976).

Psychiatry:

1. Senior House Officer in Psychiatry at Bexley Hospital and Brook General Hospital under Dr. P.K. Bridges, G.K. Shaw and T. Hurst (December 1970 - September 1971). At the Brook Hospital I was involved in research aimed at the assessment of Stereotactic Tractotomy; this research was carried out at the Regional Neurosurgical Unit.
2. Senior House Officer in Psychiatry at St. Bartholomew's and Hackney

Hospitals under Professor W Linford-Rees, Dr. J.L. Reed and Dr.T.L.Silverstone (November 1971-October 1972). During this appointment I was given the opportunity to study the effect of ward group meetings on the behaviour of patients during their stay in hospital.

3. Senior House Officer for November 1972 and subsequently

4. Registrar in Psychiatry at the London Hospital under Professor D.A. Pond, Dr. P.H. Tooley, Dr. M. Pritchard, Dr. Brice Pitt and Dr. C. Lack (December 1972-June 1974). While at this post I carried out research on the effect of psychological and social factors on Benign Prostatic Hypertrophy under the supervision of Professor D.A. Pond.

5. Senior Registrar in Psychological Medicine at University College Hospital under Drs. B. Adams and J. Christie Brown (Locum 28th April - 6th June 1976).

5. Consultant Psychiatrist at University College Hospital and Friern Hospital (Locum from 7th June-30th September 1976).

6. Senior Registrar in Child Psychiatry. (1976-1980). Four-year rotating post between the Royal Free Hospital, Holloway Child Guidance Clinic and University College Hospital under Drs. A. Elithorne and J Cornwell and H.L. Caplan. Besides the formal training in Child Psychiatry this post offered opportunities for experience in community work, paediatric liaison work, teaching of child psychiatry to medical students and supervision of junior doctors.

7. *Consultant Psychiatrist* - (June 1980- July 2000) South Buckinghamshire NHS Trust. My brief was to provide (with another colleague) a comprehensive Mental Health service to children, adolescents and families in the Wycombe District.

8. *Clinical Director – Mental Health* (April 1999- July 2000) South Buckinghamshire NHS Trust. As a Clinical Director, I was responsible for the running and the development of the full range of mental health services in all ages (children, adolescents, families, adults and elderly) and a range of conditions and treatment modalities (acute inpatient and outpatient services, rehabilitation, psychotherapies, early onset dementia, the substance misuse service and Psychology).

9. *Retired from full time NHS practice* on 31st July, 2000.

10. Consultant Psychiatrist – Child and Adolescent Mental Health (September 2000 – December 2001) (Locum post for 5 sessions per week) Since September 2000 I was re-employed by my old Trust as half time locum in my previous post (see 8 above).

11. Consultant to the International Eating Disorders Centre in Aylesbury, Buckinghamshire for a number of years.
12. Consultant in Child and Adolescent Psychiatry at St. Mary's Hospital, Paddington part time locum up to 2003.
13. 2000 - 2009 member of the committee of management of the Group-Analytic Practice.

PRESENT WORK COMMITMENTS

From this new base at Devonshire Place, I offer the following range of psychiatric services:

Consultant in Child and Adolescent Psychiatry,
Psychotherapy for adults, including group-analytic psychotherapy, and
Expert witness to County Courts and the High Court, especially in cases involving children, adolescents and families.

I am also involved in teaching (including lecturing in the UK and abroad (more recently in Hong Kong and Italy), tutoring, editing and supervising colleagues in training and post qualification. I have maintained my links with the NHS by being part of the professional development group at the department of Child and Adolescent Psychiatry of St Mary's Hospital, Paddington Green.

"Responsible Officer" and Medical Director of Psychological and Psychiatric Consultant Services (PPCS Ltd).

FORMAL COURSES ATTENDED

In addition to the formal teaching provided by the hospitals I worked at (e.g. St. Bartholomew's, The London, Royal Free and the University College Hospitals) I was given the opportunity to attend the following formal courses:

1. Four year M. Phil. Course at The Institute of Psychiatry London.
2. One year course in Family Therapy offered by The Institute of Group Analysis,

London.

3. The qualifying course in Group Analysis by The Institute of Group Analysis, London.

EXPERIENCE

1. The management of acutely and chronically ill adult psychiatric patients, of disturbed children and of their families.

2. The running of a psychiatric unit on therapeutic community principles.

3. Individual (psychoanalytically orientated) psychotherapy, group psychotherapy and family therapy.

4. Research in psychosomatic diseases (migraine, prostatic hypertrophy), in psychotherapy (groups) and in physical methods of treatment (psychosurgery) (Please see publications).

5. Neurology and, to a smaller degree, Electroencephalography, and General Medicine.

6. Teaching of General and Child Psychiatry to medical students and junior doctors as well as liaison teaching with medical colleagues.

7. Team work with non-psychiatric colleagues and community agencies (schools, social services, etc).

8. Running groups for members of the caring professions (teachers, tutors, nurses, counsellors).

9. Personal group analysis.

10. Organising International, National and Local educational and experiential events such as workshops, symposia and conferences. (Member of the Scientific Committee, The 14th International Congress of IAGP, Jerusalem August 2000)

11. Tutor to students of the IGA qualifying course.

12. Training of doctors- trainees in Psychiatry, Child and Adolescent Psychiatry, in General Practice and Paediatrics.

13. Acting as Expert Witness in County Courts and at the High Court.

14. Directing an organisation of 240 employees (among which: nurses, psychologists, psychotherapists, administrators and doctors of all grades).

15. Member of the Trust Board of the Institute of Group Analysis (elected March 2010-2015)

ACADEMIC AND OTHER RELATED ACTIVITIES

1. Member of the Editorial Board of *Group Analysis*. The Journal of Group Psychotherapy. Book Reviews Editor for 17 years to 2006.
2. Member of the Scientific Committee of *Quaderni di Psicoterapia di Gruppo* , Journal of the Italian Association of Group Psychotherapy (1997-)
3. Member of the Scientific Committee of *Rivista Italiana di Gruppoanalisi*; Organo della Confederazione Editoriale di Gruppoanalisi, Italy (1998-).
4. Member of the Council of Institute of Group Analysis (1987-1991)
5. Member of the Regional Psychological Medical Subcommittee - Oxford (until its dissolution in 1991).
6. Chair - Division of Psychiatry - South Buckinghamshire NHS Trust (from its inception in 1991 to 1995)
7. Training Group Analyst - Institute of Group Analysis, London.
8. The Council, Royal College of Psychiatrists. Foundation Affiliate representative. - July 1996 – 1998;
9. Member Development Committee, The Institute of Group Analysis, London. (September 2001 - 2004)
10. Assessor – representative of the Royal College of Psychiatrists in committees for the appointment of consultant psychiatrists.

RESEARCH & MAIN PUBLICATIONS

1. Bridges, P.K.; Goktepe, E.O. and Maratos, J.(1973):A comparative Review of Patients with Obsessional Neurosis and with Depression Treated by Psychosurgery. *British J. Psychiatry* 123 663-74
2. Maratos, J. & Kennedy, M. (1974) Evaluation of Ward Group Meetings in a Psychiatric Unit of a General Hospital. *British J. Psychiatry* 125 479-82.
3. Maratos J., Vallow, D.M. & Wilkinson, M. (1975) A Pilot Study of the Effectiveness of Relaxation on Migraine. Presented at the Annual Migraine Symposium at the National Hospital for Nervous Diseases, Queen Square.
4. Maratos, J. (1976) The Role of Psychological and Social Factors in Benign Prostatic Hypertrophy. M. Phil. Thesis. University of London.
5. Pond, D.A. & Maratos, J. (1976) Psychosexual inter-relations of Benign Prostatic

- Hypertrophy: An Exploratory Study. *Journal of Psychosomatic Research* Vol 1 21 pp 201-206
6. Maratos, J. & Wilkinson, M. (1982) Migraine in Children: A Medical and Psychiatric Study. *Cephalalgia*. Vol 2. pp 179-187.
 7. Kolind, A. & Maratos, J. (1985) Can Children with a Psychiatric Disorder be Treated in a General Ward? *British Medical Journal*. p 257-158.
 8. Maratos, J. (1986) Bowlby & Kohut: Where Science and Humanism Meet. *Group Analysis* Vol. 19. pp 303-309.
 9. ----- (1986) Feeding Disorders. In Tsiantis, I. (Ed) 'Child Psychiatry - Modern Approaches'. Kastaniotis Publications, Athens. (in Greek)
 - 10.----- (1988) Self Psychology. *Current Opinion in Psychiatry*. Gower Academic Journals.
 - 11.----- (1994)The Beginning and Early Life of Groups at 'The Practice'. In Roberts, J. and Pines, M. (eds) *The Practice of Group Analysis*. London. Routledge.
 - 12.----- (1994) Thanatos - Does it Exist? *Group Analysis*. Vol. 27 p37-49,
 - 13.----- (1994) "Gli Enigmi sono tre, una e la vita". Narcisismo sano e patologico. In Di Maria, F. and Lavanco G.: *Nel Nome del Gruppo*. Gruppoanalisi e società, Milano, Italy. FrancoAngeli. .
 - 14.----- (1994) Interprofessional Consultation from the Group Analytic Viewpoint. In Papatheophilou R.(Ed.) *Interprofessional Consultation*. Greek Letters. Athens (translated into Greek)
 - 15.Clifford, E. & Maratos, J. (1995) An Audit of General Practice Satisfaction with an Adolescent Psychiatry Clinic. *Oxford Auditorium*. March.
 - 16.Maratos, J. (1996) What can Group Therapy Offer in the Treatment of Anxiety in Children and Adolescents? In Dwivedi, K.N. & Varma, V.P.(Eds) *A Handbook of Childhood Anxiety Management*. Arena Publishers
 - 17.----- (1996) Editor of special issue; Introduction (161-168) and: Self through Attachment and Attachment through Self in Group Analysis. *Group Analysis* Vol. 29, 191-198
 - 18.-----.(1996) Professional Burnout. In Georgas J.(ed) *Contemporary Psychology in Europe. Theory, Research and Applications*. Hogrefe & Huber Publishers, Seattle. (p. 301-311).
 - 19.----- (1998) Siblings in Ancient Greek Mythology. *Group Analysis* vol. 31,

p.341 349

- 20.----- (2000) Combined Therapy – A Group- Analytic Perspective in *The Invisible Matrix. An Exploration of Professional Relationships in the Service of Psychotherapy*. Rebus Press. London. (p. 128 – 148)
- 21.----- (2002) The Laisus Complex. The Effect of Intergenerational Conflict on the Development of the Self . *Group Analysis* Vol 35 (2):301-321.
- 22.----- (2001) Tvorba příběhu o sobě .*Revue Psychoanalyticka Psychoterapie* Vol.III(1) (Constructing a narrative of the Self; translated into Czech)
- 23.----- (2003) Time Across Cultures, Ages and Therapies. *Group Analysis* Vol. 36(2):183-191.
- 24.----- (2006) The Power of Myth as Metaphor. *Group Analysis*. Vol. 39 (1): 87-99.
- 25.----- (Editor)-(2006) Resonance and Reciprocity. Selected Papers of Dennis Brown. Routledge. London.
- 26.----- (Editor) (2015) Foundations of Group Analysis for the 21st Century. Karnac Books.London.
- 27.----- (Editor) (2016) Applications of Group Analysis for the 21st Century. Karnac Books. London.

BOOK REVIEWS

1. Skynner, R. Institutes and How to Survive them. Mental Health Training and Consultation. London. Methuen. 1989 in *Group Analysis*. vol 24 (1991) pp 339-341
2. Rinsley, B.D. Developmental Pathogenesis and Treatment of Borderline and Narcissistic Personalities. Northvale, New Jersey: Jason Aronson 1989 in *Group Analysis* vol 24 (1991) pp 346-347.
3. Granstrom, K. Dynamics of Meetings. On leadership and fellowship in Ordinary Meetings in Different Organizations. London. Artesian Books 1989. in *Group Analysis* Vol 24 (1991). pp 222-223.
4. Bion, W.R. The Long Week-end 1897-1919. Part of a Life. Edited by Francesca Bion. London. Free Association Books. 1986. in *Group Analysis*. Vol 20. (1987) pp 281-282.
5. Strozier, C.B. (ed) *Self Psychology and the Humanities, Reflections on a New*

Psychoanalytic Approach - Heinz Kohut. London. W.W. Norton & Co. 1985
in Group Analysis Vol 25 (1) pp 123-125.

6. Ornstein, P.H. (ed) The Search for the Self, Selected Writings of Heinz Kohut: 1978-1981. Vol 3. Madison. Connecticut. International Universities Press. 1990.
in Group Analysis Vol 25 (1)
7. Ornstein, P.H. (ed) The Search for the Self, Selected Writings of Heinz Kohut: 1978-1981. Vol 4. Madison, Connecticut. International Universities Press. 1991.
in Group Analysis Vol 25 (1)
8. Cohn, H.W. Existential Thought and Therapeutic Practice. An Introduction to Existential Psychotherapy. Sage Publications. London. 1997

ORGANISING AND CONTRIBUTING IN COURSES

1. Small group conductor at Introductory Course in Group Psychotherapy - Institute of Group Analysis, London.
2. Child Psychiatry for School Nurses. A three term, thirty session course for all Wycombe School Nurses.(1989.) High Wycombe
3. Study Day on School Non-Attendance for Magistrates, and representatives of Health, Education and Social Services Departments. (1988.) High Wycombe.
4. Staff Contributor at 18th International Workshop at the Institute of Group Analysis (1989). London.
5. Staff Contributor at Sixth Northern Summer Workshop - run by Group Analysis North - Manchester -(1991)
6. Organiser, lecturer and staff contributor in Course on Consultation with colleagues from the Tavistock Clinic and the Maudsley Hospital. Association of Child Mental Health and Neuropsychiatry - Athens, Greece (1991) sponsored by the British Council.
7. Organiser and contributor in Study Day on Violence in Schools (1990).
8. Organiser and contributor to Introductory Course on Group Psychotherapy for staff of Children's Hospital - at the University of Athens (1989-1990).
9. Organiser and contributor to Study Day on Interprofessional Consultation - Regional meeting of Child Psychiatrists , Oxford 1992.
10. Small Group Conductor at the 9th European Symposium in Group Analysis:

- Boundaries and Barriers. Heidelberg, Germany. August 1993.
11. Co-Convenor of 23rd European London Workshop of the Group Analytic Society, London, on The Dynamics of Sibship under the title SIB...LINKS.
 12. Member of the organising committee, small group conductor and treasurer of the workshop of the European Association for Transcultural Group Analysis on *the Need for the Stranger*; (the study of cultural influences on clinical practice). Florence, May 1999.
 13. Convenor of Millennium Winter Workshop of the Group Analytic Society, on the Personal Meaning of Time, Greenwich, January 2000.
 14. Convenor. Study Day on *The Psyche and its Social Matrix* at the Group-Analytic Practice, 20 October, 2000
 15. Convenor. Study Day on *The Invisible Matrix* at the Group-Analytic Practice, 23 March, 2000.
 16. Convenor. Study Day on *Innovations in Family and Marital Therapy* at the Group-Analytic Practice, 30th November, 2001.
 17. Convenor. Study Day on *A Three Dimensional View of Illness* at the Group-Analytic Practice, on 13th March, 2002.
 18. Convenor. Educational two day event. *Ponti di Scambio e Confronto*. Comparison of theory and practice of group psychotherapy in the UK and Italy. Palermo, Sicily. 27-28 September, 2002. Lecture: The Practice of Group Analysis (In Italian).

LECTURES

1. *Children Referred for Hyperactivity*. To the Association for Research in Infant and Child Development. 1981.
2. *Psychiatric Services for Schools*. To the Child Health Development and Handicap Course. Oxford 1984
3. *The Borderline and Narcissistic Patient in the Group*. To the Qualifying Course Students at the Institute of Group Analysis (London). Annually since 1985.
4. *Self-Psychology in Relation to Groups* - Introductory course in Group Psychotherapy - Oxford. 1986.
5. *The Needs of the Adolescent*. To the School of Nursing. High Wycombe. 1987, 1988,

6. *Self-Psychology* - MSc Psychotherapy Course, Oxford. 1987.
7. *Can a Child Psychiatrist Meet the Needs of the Community?* To the 5th Postgraduate Conference in Child Psychiatry - Athens 1988.
8. *Anorexia*. To the Department of Psychological Paediatrics. University of Athens. 1989. Sponsored by the British Council.
9. *Does the Child Mental Health Service Meet the Needs of the Community?* To the Regional meeting of Child Psychiatrists. Oxford 1989.
10. *Patients or Heroes*. To the Group Analytic Society. London 1989.
11. *Attachment Theory and Self-Psychology*. To the MSc Psychotherapy Course at St. George's Hospital Medical School. London 1989.
12. *Borderline Personalities in Greek Mythology*. To the Institute of Group Analysis. Athens 1989.
13. *The Work of Heinz Kohut and Self Psychology* - Course leading to the Diploma In Group Analysis - Group Analysis North - Manchester (1991).
14. *Thanatos - Can it be an Instinct?* To the Department of Psychotherapy. St. George's Hospital Medical School. London. March 1992.
15. *Healthy and Pathological Narcissism*. At the course `Sameness and Difference: Race, Culture and Therapeutic Work. Birkbeck College, November 1992.
16. *Narcissismo Sano e Patologico*. (in Italian) At the International Conference : Future and Creativity; Università degli Studi di Palermo and COIRAG, Palermo, Sicily. April 1993.
17. *Narcissistic and Borderline disorders*. Seminars at the Qualifying course at the Institute of Group Analysis, London. February 1994
18. *Being a Group Analyst: the Road to Burnout or to Enrichment?* Lecture at a course on Group Psychotherapy at the Department of Psychology, University of Bologna, Italy. March 1994.
19. *Self Psychology*. Lecture at the Introductory Course in Group Analysis. Cambridge, April 1994.
20. *Hyperkinesis*. Lecture at Amersham General Hospital. April 1994.
21. *Attention Deficit Disorder* - Lecture to the Wycombe Integrated Support Service, September, 1994
22. *Siblings in Ancient Greek Mythology* at the 23rd London Workshop. An International Workshop of the Group Analytic Society, London.
23. Group Analysis North, Qualifying Course, Manchester, 1995 and 1999. Series of

lectures on *Self Psychology*.

24. Invited Keynote Lecture : *Professional Burnout - The Self Psychological Perspective*. Seventh European Congress of Psychology. Athens June 1995
25. *The Lajos Complex*. Presented at the 12th International Congress of Group Psychotherapy, Buenos Aires, Argentina, September 1995.
26. Invited Series of Lectures, contribution to panel discussions and a round table presentation at the Bi-annual Conference of the Brazilian Association of Group Psychotherapy (ABPAG) Canella, Brazil (June 1997).
27. *Group Psychotherapy with Adolescents* (in Italian) at the Course in Group Analysis, University of Bologna, Italy (spring 1998).
28. *Narcissistic and Borderline Disorders* (1st March, 2000) MSc Group Psychotherapy Course. Oxford Brookes University.
29. *Working for the NHS; a Road to Professional Development or to Burnout?* (7th November, 2001) Postgraduate Medical Centre, Wycombe General Hospital.
30. Keynote Lecture on *The Power of Myth as Metaphor* at the 30th Winter Workshop of the Group Analytic Society (London). Athens, January 2002.
31. *Running a Psychosomatic Clinic for Five Years*. Presentation of this experience at a Study event at the Group Analytic Practice.
32. Lecture : *From Greek Myths to Complexity*. At the International Symposium of Group Psychotherapy of the Group-Analytic Society (London); Bologna, Italy; August, 2002.
33. Lecture: The Music of the Group. Study Day Organised by the Institute of Group Analysis. The Nordorff Robins School of Music Therapy. February 2004.
34. Lecture : *Lajos at Work. The Role of Early Relationships on Adjustment at Work*. Annual Conference of the Faculty of Psychotherapy of the Royal College of Psychiatrists. Aberdeen. April 2004.
35. Lecture: *L'impatto di lavoro in una Comunità Terapeutica sui suoi operatori*. Sicily. September 2009.
36. Organised a two day course, delivered lectures and supervision at the Psychotherapy division of the Hong Kong College of Psychiatrists (20th and 21st February, 2012).
37. Respondent to paper presentation on Sibling dynamics (14th June, 2016).

OTHER

Included in *Who's Who in Science and Engineering*. Marquis. 121 Chanlon Road, New Providence, NJ 07974 . 2002-2003 Edition

Contributed (with two others) in a book on Tinos, an island of the Cyclades with text and photographs (published by the National Institute of Research, Greece, 2014).