

Managing Editor

Antigone Oreopoulou

Research, Connection, Teamwork, and a Journey. . .



When I offered my candidacy for the role of *IBPJ* Managing Editor, I did not have a definite idea (actually I had no idea) what this role in the organization really entailed. My only motivation was my love for writing and research. As soon as I was elected, Jill van der Aa, my predecessor, showed immense patience explaining and re-explaining the workload. She supported me all the way in preparing for the position. Although she officially stepped down last September, she has continued to coach and offer her ideas, knowledge, time, and energy to the editorial team, and we are all grateful for her continued input.

As I immersed myself in the role, I discovered that I had a lot of additional research to do in order to understand, in my mind and in my heart, what being a managing editor (ME) involves. I had a lot of research to do in order to understand the hows, the whys, the whens, the whoms, and the wheres of the job. I had to ask (lots of) questions to (many) people, study, compare, hypothesize, and verify, in order to understand the role of ME and measure up to Jill's performance. This was true not only on the administrative and organizational levels, but also in terms of efficiency, connection, communication, and teamwork. My preparation included re-remembering academic details, and acquainting myself with totally new, unknown, and sometimes exotic, skills. It included working with Instagram (I am still struggling with it, but have a good teacher in Alexandra Algafari), and preparing a budget to present to two worldwide associations. Here, I have to thank both EABP treasurers, Thomas Riepenhausen and Vladimir Pozharashki, for their endless patience with me, and Carmen Joanne Ablack, EABP President, who offered time and insight regarding the role.

After some time, when my questions were answered and as things started falling into place, the anxiety (lots of it), the feeling of being totally stupid, and the thought "*What have I gotten myself into?*" diminished. Dots miraculously connected, many "*Eureka!*" and "*Aha!*" moments accompanied my growing understanding, and the road to follow appeared clearly before me.

But the most extraordinary gift this role brought me, along with the new learning, is the deepening connection with people I would otherwise have never met. I am grateful for getting to better know Sladjana Djordjevic of the EABP Board, Saranda Rexha of the EABP Secretariat, and to have connected with Christopher Walling, the USABP President, and Karen Rolling, the USABP Secretary. Skype meetings and emails have allowed me to meet our authors, and many of the translators who volunteer their time and energy to translate the abstracts into 14 languages to make sure that our *Journal* is known all over the world; the cover artists who volunteer their time to make the *Journal's* cover

a reflection of its content; Ronald Jeans and John Bowling, who are responsible for the layout and website respectively; Meglena Beneva with her platform; and the people from North Atlantic Books.

Last but not least, I feel blessed to be working closely with Madlen Algafari and Aline LaPierre. Meeting them and becoming a tightly knit team is a gift and a grace. Despite the workload, I always look forward to our Skype meetings.

Research is something we do all the time, consciously or unconsciously, in our professions, in our personal lives, and during our leisure time. Research helps us make sense, understand, alleviate anxiety, connect, bond, and find equilibrium and flow. Research requires teamwork and opens the way to fantastic journeys. This issue of the *IBPJ* reflects the importance of research on all these levels. It is also the first issue that the current editorial team has produced, and it is the result of many people working efficiently together – searching and researching – to create the desired outcome.

I wholeheartedly hope that you will find the reading rewarding, and the research articles supportive of your professional life.

And – if you are willing – spread the word about this issue and about the *IBPJ*. Please search and explore our Facebook and Instagram sites, and post your comments, thoughts, ideas, and feedback there. We look forward to hearing from you!

With warm regards until our fall issue.



Antigone Oreopoulou, MSc, MA, studied biology in Thessaloniki (BSc), nutrition at the University of Toronto Medical School (M.Sc.), and psychology at the University of Indianapolis (MA). She is trained in Biosynthesis, therapeutic hypnosis, trauma therapy, EMDR, and Bioenergetics. She also trained in the traditional methods of Reiki, pranic healing, and shamanism with the goal of studying the possible connection between old therapeutic methods and current psychosomatic art and science. She has written books for children and parents. Her work focuses on communication in all aspects of everyday life. She often works with actors and athletes, supporting them to better communicate with their body and cope effectively with their inner dialogue. She trains health professionals in Greece and abroad to integrate the verbal, non-verbal, and energy communication in their professional lives. She is currently a member of the Ethics Committee of EABP, chair of the PESOPS Ethics Committee, and Board member of PESOPS. She loves painting, writing, dancing, animals, and being in nature.

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