


Event:

	<p>HEALTH in BUILDINGS HYGEIA 2026 <i>where the medical & engineering professions collaborate & innovate</i></p>	
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May 27-29, 2026 - Island of KOS, Greece

#	<div>Stelios Kiosses</div> <div>BSc (Hons), MSc, MBACP Reg, MBPsS</div>	
Title:	Clinical Lead & Psychotherapist; Course Director, University of Oxford; Featured Guest Faculty, Harvard Medical School; Author of The Power of Talking: Stories from the Therapy Room	
email:	steliostherapy@gmail.com	•
Presentation title:	Healing Spaces: How the Built Environment Shapes Emotional and Physical Wellbeing	
<p>The spaces we inhabit are not neutral—they profoundly shape our emotions, behaviour, and health. From hospitals to schools to workplaces, buildings influence stress regulation, social connection, recovery, and resilience. This talk will explore the growing evidence base showing how architecture and psychology intersect to create environments that either promote wellbeing or reinforce distress.</p> <p>Drawing on clinical practice and lifestyle medicine, I will show how elements such as light, sound, privacy, and design cues can alter states of anxiety, sleep quality, and interpersonal trust. By examining case studies from health and education, the talk will highlight how subtle design changes can dramatically influence outcomes in vulnerable populations.</p> <p>Delegates will be introduced to a framework for designing “healing spaces” that integrate medical, psychological, and environmental perspectives. The session will conclude with practical recommendations for how engineers, architects, and healthcare professionals can collaborate to build environments that go beyond functionality to actively support recovery, resilience, and human flourishing.</p>		
Short CV:		
<p>Stelios Kiosses is a psychotherapist, clinical lead, and educator. He is a Tutor and Course Director at the University of Oxford, Featured Guest Faculty at Harvard Medical School, and author of <i>The Power of Talking: Stories from the Therapy Room</i>. His work bridges psychology, health, and wellbeing with a focus on resilience and emotional connection.</p>		

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CV:	
<p>Stelios Kiosses is a psychotherapist, clinical supervisor, and educator specialising in emotional resilience, health, and wellbeing. He is a Tutor and Course Director at the University of Oxford, and Featured Guest Faculty on the Nutrition and Wellness Coaching Programme at Harvard Medical School.</p> <p>He has developed and delivered pioneering courses on the psychology of food, sleep, and emotional wellbeing at both Harvard and Oxford. His research and teaching focus on the ways environment, relationships, and lifestyle influence psychological health. He is the author of <i>The Power of Talking: Stories from the Therapy Room</i> (Phoenix Publishing House) and has written extensively on mental health and psychotherapy.</p> <p>In addition to his academic and clinical roles, Stelios is known for his media work, including presenting Channel 4's <i>The Hoarder Next Door</i>, and for his public engagement contributions to mental health awareness. His current work bridges therapy, lifestyle medicine, and environmental design, offering practical frameworks for resilience and recovery in both clinical and everyday settings.</p>	