

# Stelios Despotakis

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## WORK EXPERIENCE

2015 - Present

### **Mental Health Counsellor**

#### A) Private Practice

My experience to date includes over  
*2000 hours client-work with bi-weekly individual supervision.*

#### B) Alzheimer Athens (2020 - present)

*Providing psychological support to caregivers via counselling with bi-weekly group supervision*

#### C) SynYparxi (2015 - 2020)

*Network of Social Solidarity and Psychological Support*

Individually counselling 3-4 people per week for 20 sessions each &  
*Group Facilitator* (weekly two-hour session - 10 members, 2 facilitators)  
with *weekly group supervision* .

2017 - 2018

### **EUDEC Greece Co-Founder**

A regional chapter of EUDEC (European Democratic Education Community), a non-profit organisation that works across Europe to promote Democratic Education, based on two fundamental principles:

- 1) Self-directed learning
- 2) Collective decision-making.

My responsibilities included attending and speaking at various education events/conferences, and organizing EUDEC's annual week-long conference - 400 participants from 30 different countries – in a core team of 5 people.

2016 - 2017

### **METAdrasi (METAδραση)**

*Escort of unaccompanied children*

With the aid of an interpreter, I accompanied groups of *refugee* minors from “Detention” to “Reception” centres all over Greece, making sure of their safety and informing them of their rights and potential dangers, should they decide to leave the Reception centre.

2008 - 2016

### **Mathematics Teacher**

*Learner-centred philosophy:* I'd adapt lessons according to students' needs. I have worked *freelance* (mainly teaching the GMAT [Graduate Management Admissions Test], *as well as with institutions*, at Trinity College (Perth, WA, Australia), Centre of Science and Technology (COSAT) (Khayelitsha, Cape Town, South Africa), King Alfred's School (Wantage, Oxfordshire, UK), Demokratische Schule X (Berlin, Germany) and Mobile School Arsis (Athens, Greece) with students ranging from 5 to 50 years old.

2013 - 2014            **Organic Farms**  
*Agriculture and Construction*  
Lived in a number of communities/projects (in Thailand, Laos, Malaysia and the Philippines) on a work exchange basis (duration 1-4 months each).  
Exposed to *different cultures & community models*.

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## EDUCATION:

2016 - 2020            **Institution of Counselling & Psychological Studies (ICPS)**  
“Προσωποκεντρικές Ριζες”  
*ECP (European Certificate of Psychotherapy)*

2014 - 2016            **Institution of Counselling & Psychological Studies (ICPS)**  
*Professional Diploma in (Person-Centred) Therapeutic Counselling*

2010 - 2011  
(Withdrew)            **University of Oxford**  
*PGCE (Postgraduate Certificate in Education)*  
- Teaching Mathematics

2006 - 2010            **University of Bristol**  
*Bachelor in Engineering Mathematics with Study Abroad*  
- First Class Honours (Equivalent to GPA: 4.0/4.0)

2008 - 2009            **University of Western Australia (U.W.A.)**  
*Visiting student* in the departments of Mathematics and Computer Science.  
- Gerald Frank Brown Scholarship and Trinity College Academic Award

1996 - 2006            **Hellenic-American Educational Foundation (HAEF)**  
*International Baccalaureate (Psychico College)*

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## OTHER QUALIFICATIONS & INTERESTS:

- “Rock-Climbing” (2018 - Present)
- “Kriya Yoga” Meditation (Paleros, Greece 22-29 August 2019)
- “Conflict Resolution” Training (Yerevan, Armenia 30 Mar - 5 April 2017)
- “Psychodrama & Ecology” experiential Seminar (Gavdos, Greece 10-17 July 2016)
- “Mobile School” Training – Working with street children (Athens, Greece 15-19 Feb 2016)
- “Non-violence Education” Training (Hammamet, Tunisia 8-16 November 2015)
- “Vipassana” Meditation” – 10 days of silence (Penang, Malaysia 19-30 March 2014)