

Stelios Despotakis

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WORK EXPERIENCE

2015 – Present

Counsellor – Psychotherapist

a) BuildingBridges Psychotherapy | 2015-Present
Over 4,000 hours client-work in *Private Practice*

b) Alzheimer Athens | 2020-2022
Psychological support to caregivers
via *Online Counselling* during the Pandemic

c) synYparxi | 2015-2020
“Network of Social Solidarity and Psychological Support”
Individual & *Group Counselling* to vulnerable populations

2017 – 2018

Co-Founder | EUDEC Greece

A regional chapter of the European Democratic Education Community, a non-profit organisation working to promote education based on the principles of Self-Directed Learning and Collective Decision-Making

2016 – 2017

Escort of Unaccompanied Minors | METAdrasi

Accompanied groups of refugee minors from “Detention” to “Reception” centres all over Greece ensuring their safety and informing them of their rights and potential dangers, should they decide to leave the reception centre

2008 – 2016

Mathematics Teacher

Work within Institutions (Age Range 5-50) & Freelance GMAT Tutor
Learner-Centred Philosophy

- Trinity College | Perth, Australia
- Centre of Science and Technology | Khayelitsha, South Africa
- King Alfred’s School | Wantage, UK
- Demokratische Schule X | Berlin, Germany
- Mobile School Arsis | Athens, Greece

2013 – 2014

Agriculture and Construction Volunteer | Workaway

Lived in a number of organic farms/communities/projects (Thailand, Laos, Malaysia, Philippines) on a work-exchange basis cultivating crops and building with natural materials. Immersed myself in different cultures, learned about meditation, permaculture and self-organisation

EDUCATION

2024 – 2025	Oxford Mindfulness Foundation University of Oxford Mindfulness-based Cognitive Therapy (MBCT) <i>12-month Teacher Training Programme</i>
2022 – 2023	University of Central Lancashire Advanced Certificate in Person-Centred Experiential Counselling for Depression (PCE-CfD) L7 <i>Evidence-based Recommended by NICE Recognised by the NHS</i>
2014 – 2021	College for Humanistic Sciences ICPS European Certificate of Psychotherapy (ECP) 2016-2021 Professional Diploma in Therapeutic Counselling L5 2014-2016 <i>Person-Centred Approach</i>
2010 – 2011	University of Oxford Postgraduate Certificate in Education (PGCE) Secondary Mathematics <i>Withdrew</i>
2006 – 2010	University of Bristol Bachelor in Engineering Mathematics (BEng) <i>First Class Honours</i> with Study Abroad at the University of Western Australia 2008-2009 <i>Gerald Frank Brown Scholarship Trinity College Academic Award</i>
2004 – 2006	Hellenic-American Educational Foundation – Psychico College International Baccalaureate (IB) Diploma Programme

OTHER QUALIFICATIONS & INTERESTS

- Sport-Climbing | 8b French Grade (2018-Present)
- Online & Telephone Counselling Certificate | 80 CPD hours (24 December 2021)
- Kriya Yoga Meditation Retreat (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)