

# Stelios Despotakis

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## WORK EXPERIENCE

2015 – Present

### **Mental Health Counsellor - Psychotherapist**

- A) Private Practice (2015 - Present)
  - *My experience to date includes over 2000 hours client-work with bi-weekly individual supervision.*
- B) Alzheimer Athens (2020 - 2022)
  - *Providing psychological support to caregivers via counselling with bi-weekly group supervision.*
- C) Network of Social Solidarity and Psychological Support (2015 - 2020)
  - *Individually counselling 3-4 people per week for 20 sessions each & Group Facilitator (weekly two-hour session - 10 members, 2 facilitators) with weekly 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, which is based on two fundamental principles:

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

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

2016 – 2017

### **Escort of Unaccompanied Children**

METAdrasi

- *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

### **Teacher (Mathematics)**

Learner-centred philosophy - students ranging from 5 to 50 years old

- A) *Freelance GMAT Tutor (Graduate Management Admissions Test)*
- B) *Work with Institutions:*
  - *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      **Volunteer in Organic Farms (Agriculture and Construction)**  
- *Lived in a number of communities/projects (in Thailand, Laos, Malaysia and the Philippines) on a work exchange basis (average stay: 3 months) cultivating crops and building with natural materials. Immersed myself in different cultures, learned about meditation, permaculture and self-organization.*

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#### **EDUCATION:**

2022 – 2023      **University of Central Lancashire**  
Advanced Certificate in Person-Centred Experiential  
Counselling for Depression - *Recognised by the NHS* -

2016 – 2020      **Institution of Counselling & Psychological Studies**  
ECP (European Certificate of Psychotherapy) - *Person-Centred Approach* -  
2014 – 2016      PGDip (Professional Diploma in Therapeutic Counselling)

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

2006 – 2010      **University of Bristol**  
BEng (Bachelor in Engineering Mathematics with Study Abroad)  
- *First Class Honours* -

2008 – 2009      **University of Western Australia**  
Visiting student in the departments of Mathematics and Computer Science  
- *Gerald Frank Brown Scholarship & Trinity College Academic Award* -

2004 – 2006      **Hellenic-American Educational Foundation (Psychiko College)**  
IB (International Baccalaureate) - *Final Grade: 39/42* -  
1996 – 2004      Greek Primary and Secondary Education

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#### **OTHER QUALIFICATIONS & INTERESTS:**

- “Online & Telephone Counselling” Certificate (Online, Oct-Dec 2021)
- “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)