

Sotia Katara

Mental Health Counselor



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Work history

2025-09 - Current

Mental Health Counselor

Private Practice, Athens

- Counseling support and psychoeducation for individuals with OCD and anxiety disorders
- Member of the Hellenic Association for Counseling

2025-09 - Current

Associate Mental Health Counselor

Private Practice of Professor of Psychiatry G. Alevizopoulos, Athens, Greece

- Provision of counseling and psychoeducation services to individuals with OCD and their families

2024-05 - 2025-06

Internship

Roots Wellness Center, Athens

- Provision of individual counseling support to clients from diverse multicultural backgrounds

2024-05 - 2025-06

Internship

Under the Supervision of Clinical Psychologist Dr. Liamaki, Athens

- Supervised clinical training on OCD cases

2018 - 2025

Executive Director

Arones Paper Agencies

- Growth of business partnerships in Greece & Cyprus

2017 - 2018

Area Export Manager

Atlas Tapes, Athens

- Development of export partnerships in European markets

2004 - 2016

Country Manager Greece & Cyprus

Sappi Europe SA, Athens

- Head of the Greek office of a multinational paper production company, responsible for the Greek & Cypriot markets

2002 - 2004

Marketing Department

Yioula Glassworks

- Participation in product development and marketing strategies

2001 - 2002

Marketing Communications & PR

Strategic International SA

- Implementation of communication campaigns for international organizations (Pfizer, European Commission)

1998 - 1999

Publishing Department

Strategic International

- Collaboration with international academic journals (Harvard Business Review, Foreign Affairs)

1998-01 - 1998-06

Junior Assistant

European Parliament, Office of MEP Katerina Daskalaki, Brussels - Strasbourg

- Participation in Committees on Foreign Affairs, Culture, and Media



EDUCATION

Expected in 2027

B.Sc.: Psychology

European University of Cyprus - Cyprus

2025-06

M.Sc.: Psychology

Hellenic American University - Athens

- Thesis: "Greek Mothers' Experiences of Parenting Adolescents with OCD in Greece: An Interpretative Phenomenological Analysis of Family Dynamics, Social Roles and Well-Being" – Presented at the University Research Symposium (May 2025)
- GPA: 3.93/4.00
- Degree Awarded with Summa Cum Laude (With Highest Honors)

2001

M.Sc.: European Politics

London School of Economics (LSE) - London, UK

- Dissertation: "Europeanization of Immigration Policy and Domestic Pressures: The Case of France and Germany".

2000-01

B.Sc.: French and European Politics

University of Surrey - Surrey, UK

- Recipient of European Studies Department Prize, 2000
- Dissertation: "Télé démocratie: Aspects et Perspectives d'une Démocratie Numérique" – "Teledemocracy: Positive and Negative

1996-01

Aspects of Digital Democracy".

High School Diploma

Ziridis Schools - Marousi, Greece

- High School Diploma with Distinction
- Final Grade: 18.8/20



LANGUAGES

- Greek (native)
- English (excellent)
- French (excellent)
- Spanish (excellent)
- Italian (good)
- German (basic)



PUBLICATIONS

- Author of the children's book "O KiANakis pou egine pali Giannakis" ("KiANakis Who Became Giannakis Again"), aimed at empowering children with OCD and supporting their families.



Volunteer Work

2021 – Aug 2025

Member of the first Greek OCD Community, "OCD in Greece"

- Participation in the first Greek volunteer group for OCD, comprised of people with lived experience and mental health professionals
- Creation of scientific educational content on OCD to raise public awareness
- Public engagement and anti-stigma initiatives regarding OCD
- Participation in the first Greek documentary on OCD: "OCD: *The Doubting Disease*".