

# 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	<b>Marketing Department</b> <i>Yioula Glassworks</i> <ul style="list-style-type: none"> <li>Participation in product development and marketing strategies</li> </ul>
2001 - 2002	<b>Marketing Communications &amp; PR</b> <i>Strategic International SA</i> <ul style="list-style-type: none"> <li>Implementation of communication campaigns for international organizations (Pfizer, European Commission)</li> </ul>
1998 - 1999	<b>Publishing Department</b> <i>Strategic International</i> <ul style="list-style-type: none"> <li>Collaboration with international academic journals (Harvard Business Review, Foreign Affairs)</li> </ul>
1998-01 - 1998-06	<b>Junior Assistant</b> <i>European Parliament, Office of MEP Katerina Daskalaki, Brussels - Strasbourg</i> <ul style="list-style-type: none"> <li>Participation in Committees on Foreign Affairs, Culture, and Media</li> </ul>
Expected in 2027	 <b>EDUCATION</b>
2025-06	<b>B.Sc.: Psychology</b> <i>European University of Cyprus - Cyprus</i> <b>M.Sc.: Psychology</b> <i>Hellenic American University - Athens</i> <ul style="list-style-type: none"> <li>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)</li> <li>GPA: 3.93/4.00</li> <li>Degree Awarded with Summa Cum Laude (With Highest Honors)</li> </ul>
2001	<b>M.Sc.: European Politics</b> <i>London School of Economics (LSE) - London, UK</i> <ul style="list-style-type: none"> <li>Dissertation: "Europeanization of Immigration Policy and Domestic Pressures: The Case of France and Germany".</li> </ul>
2000-01	<b>B.Sc.: French and European Politics</b> <i>University of Surrey - Surrey, UK</i> <ul style="list-style-type: none"> <li>Recipient of European Studies Department Prize, 2000</li> <li>Dissertation: "Télé-démocratie: Aspects et Perspectives d'une Démocratie Numérique" – "Teledemocracy: Positive and Negative</li> </ul>

1996-01

## 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".