

NAKOPOULOS NIKOS

PSYCHOLOGIST (MSC) | PSYCHOTHERAPIST (CBT)
CAREER COUNSELLOR

WWW.PSYCHOLOGIST-NAKOPOULOS.COM

- 6981485745 • nknako@icloud.com • Leoforos Andrea Siggrou 197, Nea Smirini
- Licensed Psychologist •



PROFILE

A hard working determined individual with studies in Psychology, Health Management and Cognitive Behavioural Therapy and experiences as a psychologist, a CBT therapist, counsellor, an administrative agent and a career counsellor. He eyes for a mature, responsible, anthropocentric, compassionate and empowering approach of supporting marginalised social groups and aims to be a valuable ally in their efforts of retaining and developing -their deprived due to various systemic and/or individual reasons autonomy and self-realization. Able to adapt and overcome any situation and deliver high quality results under pressure.

EDUCATION

- | | | | |
|------|--|------|--|
| 2019 | Training (45 hours) in Compassion Focused | 2012 | Post Graduate seminar in Clinical |
| 2020 | Therapy by Dr. Aleksandra Xrisagi | 2013 | Psychopathology
Á Psych. Clinic EKPA & E.P.I.P.S.I |
| 2015 | Training in Cognitive Behavioural Therapy | 2009 | Bachelor in Psychology (7,96/10) |
| 2020 | <i>Company of Cognitive Behavioural Studies</i> | 2014 | <i>Panteion University</i> |
| 2015 | Master of Science in Health Management | 2007 | Graduate of High School |
| 2016 | <i>Università Telematica Internazionale UNINETTUNO</i> | 2009 | <i>2nd High School of Nea Smyrni</i> |

PROFESSIONAL EXPERIENCE

Psychotherapist- 01/2017 - Today

Private Practice - www.psychologist-nakopoulos.com

- Providing psychotherapeutic support to people with mood, anxiety, personality disorders or various other psychosocial difficulties

Career Counsellor - 10/07/2017 - 15/11/2019

Generation 2.0 RED - www.g2red.org

- Supporting asylum seekers, refugees and migrants in acquiring financial autonomy by providing information about job search in Greece (CV and Cover Letter creation, Job Interview preparation, job search techniques, relative referrals etc.)
- Presenting employability skills workshops with maximum audience of 33 people

Psychologist/Administrative agent- 15/09/2016 - 30/06/2017

KMOP (www.kmop.gr)

- Organizing and running the activities of the online programme LiveWithoutBullying about preventing and coping with school and electronic bullying (www.livewithoutbullying.com)
- Presenting trainings about anti-bullying social skills to teenagers at schools in Attica and conducting follow-up focus groups
- Managing the volunteer's team and Training new volunteers (6 hours)

Career Counsellor/Psychologist - 24/05/2016-31/08/2016

KMOP (www.kmop.gr)

- Supporting people that have been fired from SPRIDER's company and long-term unemployed people in Job search (CV and Cover Letter creation, Job Interview preparation, Job search techniques etc.)
- Providing psychological support when necessary

PROFESSIONAL EXPERIENCE

Psychologist/Co therapist/Trainer/Translator - 12/2014-06/2016

EPAPSY - www.epapsy.gr

- Organising the activities the Self-Help, Networking and Therapeutic Support in Treating Depression in Urban and Island Regions programme codenamed "Citizens Against Depression"
- Cowriting the training manual about running Self-Help groups for Depression
- Co therapist in a 12 sessioned psychoeducational programme about depression "The coping with depression" after 90 h training

Trainer in training people with depression as self help group coordinators

- Translating the online tool about selfcare for Depression iFightDepression from English to Greek and uploading the content (<https://tool.ifightdepression.com/en-YO/start>)
- Responsible for regional use of the tool

Counsellor (Voluntary work) - 04/2015 -09/2018

KMOP (www.kmop.gr)

- Providing online counselling about bullying to teenagers 10-18 years old (3+ hours per week)

Psychologist- 03/2014-12/2014

Greek Army, Athens-Xanthi (Greece)

- Conducting clinical interviews to define if soldiers need psychological/psychiatric support
- Providing psychological support



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PROFESSIONAL EXPERIENCE

Psychologist (volunteer) - 02/2013-02/2014

Day Centre «Franco Basaglia» of EPAPSY - www.epapsy.gr

- Participation at **Assertive Community-based Treatment (ACT)** team

aiming to support low functionality patients with schizophrenia

- Participation in various social activities

Psychologist (Dissertation) - 01/2013-02/2014

Psychiatric Hospital of Attica "DAFNI"

- Weekly visits for data collection
- Discussion of clinical and research matters

Psychologist (volunteer) - 10/2012-02/2014

Communal House "Thetis" of EPAPSY

- Familiarization with the daily schedule
- Various individual and group psychosocial activities with residents»

Psychologist (Internship of 180 hours) - 10/2012-02/2014

Day Centre «Franco Basaglia» of EPAPSY - www.epapsy.gr

- Familiarisation with the daily schedule
- Various individual and group social activities with residents»
- Participation in clinical supervisions

PROFESSIONAL EXPERIENCE

Psychologist (Volunteer) - 12/2011-06/2012

Iosifogleio Orphanage, Athens (Greece)

- providing support to girls 10-18 years old

Administrative Support (Volunteer) - 01/2011-06/2013

Student's Freepress magazine «To Kaleidoskopio»,

- Member of the elected board
- Regular Editor
- Responsible for online promotion

PSYCHOTHERAPEUTIC INFLUENCES

- Cognitive Behavioural Therapy
- Dialectical Behavior Therapy (e.g Marsha M. Linehan)
- Rational Emotive Behavior Therapy (e.g Albert Ellis)
- Gestalt Therapy (e.g Paul Goodman)
- Mindfulness & (Self) Compassion (e.g Jon Kabat-Zinn)
- Recovery Model of Mental Health Care
- Schema Therapy (e.g Jeffrey E. Young)
- Person Centred Therapy (e.g Carl Rogers)
- Biopsychosocial Model of Health
- Social Psychology (e.g Emile Durkheim)
- Compassion Focused Therapy (e.g Paul Gilbert)

SOFT SKILLS

- Excellent communication skills essential in building a good professional relationship with beneficiaries / people under treatment/ collaborators / prospective partners
- Ability to cooperate with different people from different cultures with respect and genuine interest in their needs developed during my collaboration with refugees and immigrants
- Ability to cope with a lot of workload and stress developed during the management of demanding working conditions and important responsibilities
- Organizational skills, multitasking and time management developed in managing multiple jobs simultaneously
- Ability to make decisions, solve problems and take on point initiatives developed during my work as administrative staff
- Adaptability developed during the rotation of different work environments
- Absolute dedication to my duties and a drive to overcoming of expectations, characteristics that pre-existed and were further developed due to the importance of the tasks I was entrusted with

DIGITAL SKILLS

Microsoft Office Suite	██████████
Joomla platform	██████████
Social media	██████████
Web Safety	██████████
File management	██████████

LANGUAGE SKILLS

Greek-Bulgarian	(Mother tongues)
English (Proficiency)	Proficient User
Spanish	Basic User
French	Independent User