

## CURRICULUM VITAE

**Sophia BALAMOUTSOU, BA, MA, PhD, AFBPsS, CPsychol, MBACP (Accred)**

**E-mail address:** sofiabalamoutsou@gmail.com  
**Mobile:** +30-6974 033919  
**Skype:** sophia.balamoutsou  
**Nationality:** Greek

**Key Words:** Counselling skills, Qualitative Research, Critical Psychology

### **ACADEMIC QUALIFICATIONS:**

PhD 2003 Counselling, Keele University, UK (Title: The role of metaphor and storytelling in psychotherapy: Qualitative Narrative Analysis of a single case).  
M.A. 1993 Counselling, Keele University, UK.  
B.A. 1992 Psychology, The American College of Greece, Deree College, Athens, Greece.

### **EMPLOYMENT HISTORY:**

#### **Counselling / Psychotherapy/ Supervision:**

2010-: Private Practitioner (Counsellor, Psychotherapist, Supervisor), Heraklion, Crete.  
2014 ongoing Scientific Advisor and Clinical Supervisor, Women's Association of Heraklion, (Non Governmental Organisation), Heraklion, Crete.  
2006- 2010 Student Counsellor (Part Time), Minoan International College, L. Herissonissou, Crete, Greece  
2005 Group Therapy Facilitator, Primary Care, Wolverhampton NHS Trust, UK.  
2001-2004 General Practice Counsellor, Honorary Contract Integrated Psychotherapy Services, Wolverhampton NHS Trust, UK.  
1995 -1999 Student Counsellor, Keele University, UK.  
Feb 1993- Aug1993 Counsellor (Practice Placement), General Practice, Longton, UK.

#### **Teaching:**

2019- ongoing: Lecturer (Part Time) MSc Special Education Studies, University of Nicosia, Nicosia, Cyprus. Teaching: Psychometrics in Special Education  
2009- ongoing Lecturer (Part Time) MSc Counselling Studies, College for Humanistic Sciences – ICPS, Athens Greece  
2006- 2010 Senior Lecturer (Part Time), Hospitality Studies, Minoan International College, L. Herissonissou, Crete, Greece  
2003-2005 Senior Lecturer in Counselling Psychology, Programme Leader BSc Psychology and Counselling in Primary Care, Psychology Department, School of Social Sciences, University College Chester, UK  
1998-2003 Lecturer in Counselling Psychology, Research Co-Ordinator, Psychology Division, School of Applied Sciences, University of Wolverhampton, UK.  
1995-1998 Tutor on the undergraduate course in Applied Social Studies, Department of Applied Social Studies, Keele University, UK.

### **PROFESSIONAL DEVELOPMENT (indicative):**

2005 Postgraduate Certificate in Teaching and Learning in Higher Education, University College Chester, UK.  
2004 Conversion Diploma in Psychology for Postgraduates, Open University, UK.  
2005 Responding to Psychological Trauma, Counselling Department, Social and Communication Studies, University of Chester, 22 March 2005

2004 Certificate in Brief Work for Person Centred Practitioners, Psychology Matters, London, UK.  
2003 European Computer Driving Licence, University College Chester, UK.  
1994 Diploma in Ericksonian Clinical Hypnosis, NLP and Cognitive Psychotherapy, British Hypnosis Research, UK.

#### **PROFESSIONAL ACCREDITATIONS AND MEMBERSHIPS:**

**World Association of Person Centred and Experiential Psychotherapy and Counselling:** Chair of the Scientific Committee (since 2020).  
**British Association for Counselling and Psychotherapy.:** Accredited Counsellor/Psychotherapist (since 2003).  
**Hellenic Association Counselling:** Accredited Member (since 2008).  
**Society for Psychotherapy Research:** Member (since 1994).  
**British Psychological Society:** Associate Fellow (since 2011), Chartered Member (since 2009).  
**British Psychological Society (Special Group on Coaching Psychology):** Founder Member.  
**British Psychological Society (Special Group on Qualitative Psychology, British Psychological Society):** Founder Member.  
**United Kingdom Register of Counselling and Psychotherapy:** Registered Independent Counsellor/Psychotherapist (since 2008).

#### **AD HOC REFEREE:**

**British Journal of Guidance and Counselling:** Ad hoc panel of referees.  
**Journal of Counselling and Psychotherapy Research:** Ad hoc panel of referees.  
**British Medical Journal:** Ad hoc panel of referees.  
**European Journal of Counselling Psychology:** Ad hoc panel of referees.

#### **CONSULTANCY:**

**June 2014-:** Scientific advisor, helping with funding applications, Women's Association of Heraklion (NGO), Crete.  
**April 2007-October 2007:** Research Associate, British Association for Counselling and Psychotherapy, *Core Curriculum Project* in Association with University of Leicester.  
**November-December 2006:** Research Associate, British Association for Counselling and Psychotherapy, *Core Competencies Project* in Association with University of Leicester.

#### **COURSE VALIDATION EXPERIENCE:**

**June 2010:** MSc Psychology of Health (Franchised) Delivered by Institute for Counselling and Psychological Studies, Franchised by University of Central Lancashire. Member on Validation Panel, Invited by Validation Committee of University of Central Lancashire.  
**November 2004:** Member on Validation Panel, Postgraduate Certificate in Supervision, University College Chester. Invited by Academic Quality and Standards Committee.  
**October 2003-April 2004:** BSc Psychology and Counselling in Primary Care, University College Chester. Authored the validation document and presented it to the Validation panel. Date of validation: June 2004.  
**21 July 2002:** Member on Validation Panel: Doctorate in Counselling Psychology, University of Teeside. Invited by the Academic Standards Committee as external member in validation panel.  
**2000-2001:** Doctorate in Counselling Psychology, contributed in discussions and documentation produced for the validation of the Doctorate programme (level 5) at Wolverhampton University.  
**July 2000:** Member on Validation Panel. MSc Programmes in Counselling, Counselling Psychology, Forensic Psychology, Health Psychology; University of Teeside. Invited by the Academic Standards Committee as external member in validation panel.  
**1999, 2000:** BPS accreditation visits: two accreditation visits (3&4/6/99, 25/10/00) by members of the Teaching Committee in Counselling Psychology, British Psychological Society.

#### **EXTERNAL EXAMINER EXPERIENCE:**

**September 2009 – 2013:** External examiner BSc Psychology, Mediterranean College Athens, Greece, Appointed by University of Derby, UK.

**September 2008 – 2012:** External examiner BSc Psychology, British Hellenic College, Greece, Appointed by University of Wales, UK.

**September 2006 – 2011:** External examiner PG Diploma/MA in Counselling, University of Manchester.

**September 2003 – 2012:** Examiner, Postgraduate Certificate in Occupational Psychology (Paper 5, Counselling and Personal Development, British Psychological Society).

**2000-2005:** Liverpool John Moores University, External examiner for the following programmes: Postgraduate Diploma/MA in Counselling, Postgraduate Certificate in Supervision, Postgraduate Certificate in Groupwork, Postgraduate Certificate in Adventure Therapy.

**November 2005:** External examiner for the PhD, of thesis entitled: 'Researching the lived experience of nurses suspended from the workplace: implications for practice', Manchester University.

**November 2004:** External examiner for the PhD, of thesis entitled: 'The Role of Personal Development Groups in Counsellor Training', Manchester University.

## PUBLICATIONS:

**Balamoutsou, S.** (2018). Humanistic Approaches: Person Centred Approach. In Victoria Galbraith (ed) *Applied Counselling Psychology*. Hodder HE.

Sahpazi, P. & **Balamoutsou, S.** (2015). *Therapists' accounts of relationship break up experiences: a narrative analysis*. European Journal of Psychotherapy and Counselling.

Triliva, S, Fragiadaki, E, **Balamoutsou, S** (2013) Forging partnerships for mental health: The case of a prefecture in crisis ravaged Greece. *European Journal of Psychotherapy and Counselling*.

Fragkiadaki, E, Triliva, S, **Balamoutsou, S**, Prokopiou, A. (2013). The path towards a professional identity: An IPA study of Greek family therapy trainees. *Counselling Psychotherapy Research*.

**Balamoutsou, S.** (2011) Developing a Research Culture: A challenge for person-centred counselling and psychotherapy. Institute for Counselling and Psychological Studies (Eds) *Person Centred Counselling and Psychotherapy: Evolution and Challenges*. Athens: Institute of Counselling and Psychological Studies.

Dunnett, A., Cooper, M., Wheeler, S., **Balamoutsou, S.**, Wilson, C., Hill, A. Randall, S. Owen-Pugh, V. and Nowell-Smith, R. (2007). *Towards Regulation: The standards, benchmarks and training for Counselling and Psychotherapy*. BACP, Lutterworth.

Wheeler, S, **Balamoutsou, S.** & Thomas, M. (2006) *Core competencies in Counselling and Psychotherapy*, BACP, Lutterworth.

McLeod, J. & **Balamoutsou, S.** (2001) A method for qualitative narrative analysis for psychotherapy transcripts, in J. Frommer and D.L. Rennie (eds) *Qualitative Psychotherapy Research: Methods and Methodology*. Berlin: Pabst.

McLeod, J. & **Balamoutsou, S.** (2000). Narrative process in the assimilation of a problematic experience: Qualitative analysis of a single case. *Zeitschrift fur qualitative Bildungs-, Beratungs- und Sozialforschung*. 2: 284-302.

McLeod J. & **Balamoutsou S.** (1996) Representing narrative process in therapy: qualitative analysis of a single case. *Journal of Counselling Psychology Quarterly*, Vol. 9, No. 1, pp.61-76

## PAPERS PRESENTED IN REFEREED CONFERENCES:

**Balamoutsou, S.** (2019) Supporting the therapist: exploring self care goals (workshop) 2<sup>nd</sup> Pluralistic Counselling and Psychotherapy conference. April 2019, London, UK

**Balamoutsou, S.** & Spetsidis, N. (2019). *Working with violence against women: Using a pluralistic framework counselling protocol to empower women* (paper) 2<sup>nd</sup> Pluralistic Counselling and Psychotherapy conference. April 2019, London, UK. **and** 3<sup>rd</sup> European Conference of Domestic Violence, September 2019, Oslo, Norway.

Spetsidis, N. & **Balamoutsou, S.** (2019). *The silent victims of domestic violence: Supporting health professionals to work with elderly women victims.* (paper) European Conference of Domestic Violence, September 2019, Oslo, Norway.

Fragkiadaki, E. Triliva, S. Prokopiou, A. & **Balamoutsou S.** (2011). On becoming a systemic psychotherapist in Greece: voices, experiences and Understandings of Trainees. Society for Psychotherapy Research, International Annual Meeting, Bern, Switzerland.

**Balamoutsou, S.** (2009) Developing a Research Culture: A challenge for person-centred counselling and psychotherapy. Keynote address, Person Centred Counselling and Psychotherapy: Evolution and Challenges' Institute of Counselling and Psychological Studies (ICPS), June 2009, Athens, Greece.

**Balamoutsou, S.** (2006) *Mother tongue and foreign language in psychotherapy* (open discussion panel with Defay, D., Stigler, M, Viacari, A.) Society for Psychotherapy Research, International Annual Meeting, Edinburgh, Scotland.

**Balamoutsou, S.** & Young, D. (2004) *Good and bad death narratives: qualitative narrative analysis of an interview* Society for Psychotherapy Research, International Annual Meeting, Rome, Italy.

**Balamoutsou, S.** & Young, D. (2003) *A model for culture and voice in psychotherapy.* Society for Psychotherapy Research, International Annual Meeting, Weimar, Germany. British Psychological Society, Counselling Division – Stratford Upon Avon.

**Balamoutsou, S.** (2001) *How have we changed: qualitative narrative analysis of third year trainees in counselling psychology.* British Psychological Society, Millennium conference, Glasgow, Scotland.

**Balamoutsou, S.** (2000) *Developing an approach to analysing the role of metaphor within the structure of the therapy narrative.* Society for Psychotherapy Research - International Annual Meeting, Chicago, Illinois.

**Balamoutsou, S.** (2000) *Analysing the role of client's evaluators within the structure of therapy stories.* British Psychological Society, Counselling division – Liverpool, May 2000. International Association of Counselling: Counselling in the New Millenium – Thessaloniki, Greece.

#### **PROFESSIONAL WORKSHOPS:**

**Balamoutsou, S. (2011).** *Making sense of group experiences.* Twenty four hour long experiential workshop for psychologists/ counsellors psychotherapists. Crete, Greece

**Μπαλαμούτσου, Σ.** (2006) *The role of family in young peoples' decision –making for their lives. How gender affects parental expectations for their children's future.* Day conference for parents, teachers and members of the local community as part of the: Ε.Π.Ε.Α.Ε.Κ II Programme (Category 4.1.1.b) Counselling and Career Guidance Programmes in respect to gender. Aristoteleio University of Thessaloniki and Ministry of Education and Religion Greece, Secondary School of Gouves.

**Μπαλαμούτσου, Σ.** (2006). The art of listening... especially to the silent ones. (Lecture) 6<sup>th</sup> conference of the Maris Hotels, Hersonissos, Crete, Greece.

**Balamoutsou, S.** (2005) Qualitative research methods, Day lecture and seminar, MA in Counselling, University of Leicester, Leicester, UK

#### **LANGUAGES**

Greek (first language), English (fluent, Proficiency Michigan and Cambridge), French (fluent), German (basic)

#### **REFERENCES (available upon request)**