

Efstathios (Stathi) Anthopoulos

MSc, MSc, PGDip, BSc (Hons), Cert.

PhD Candidate, City St George's, University of London

Adjunct Assistant Professor of Psychology, Richmond American University London

Psychotherapist | Supervisor | Lecturer

Life Counsel, Tunstall Studios, 34–44 Tunstall Road, London SW9 8DA

+44 7968 850339 | stathi@lifecounsel.co.uk | <https://lifecounsel.co.uk>

PROFESSIONAL REGISTRATIONS & MEMBERSHIPS

United Kingdom Council for Psychotherapy – Registered Psychotherapist

British Association for Counselling and Psychotherapy – Senior Accredited Counsellor-Psychotherapist

British Psychological Society – Member

British Association for the Person-Centred Approach – Member

Association for the Development of the Person-Centred Approach – Member

Imago Relationships International – Certified Therapist

PROFESSIONAL EXPERIENCE

Adjunct Assistant Professor of Psychology – Richmond American University London

September 2026 – Present

Course leader for PSYC 5102 Human Science Research, an upper-level undergraduate course in qualitative research methodology. Responsible for syllabus design, weekly teaching and guided online learning, assessment, and student support. The course introduces phenomenological, hermeneutic, narrative, and autoethnographic approaches to psychological inquiry.

Private Practice

2010 – Present

Individual, couples, and group psychotherapy, clinical supervision, and training.

Clinical Supervisor – Addictions Therapy Team, Nightingale Hospital, London

January 2024 – Present

Individual and group supervision for the addictions therapy team.

Supervisor – Peer Support Project, Psychotherapy Service, South London and Maudsley NHS Foundation Trust

September 2014 – July 2017

Individual and group clinical supervision within a secondary care psychotherapy service.

Primary Tutor, Visiting Tutor & Assistant Tutor – Metanoia Institute, London

November 2009 – October 2015

Teaching and tutorial roles on the BA/Diploma in Person-Centred Counselling programme. Responsibilities included group facilitation, individual tutorials, assessment, and student support.

Clinical Supervisor – Camden, City, Islington & Westminster Bereavement Service

April 2014 – April 2015

Group supervision for bereavement counsellors.

Manager – Peer Support Project, Psychotherapy Service, South London and Maudsley NHS Foundation Trust

July 2012 – September 2014

Line management, clinical supervision, and service development within the Psychotherapy Service.

Recovery Lead – Home Treatment Team, South London and Maudsley NHS Foundation Trust

September 2010 – July 2012

Line management, clinical supervision, and training within a multidisciplinary Home Treatment Team comprising psychiatrists, psychiatric nurses, social workers, psychotherapists, and psychologists. Responsible for embedding recovery-oriented practice across the team.

Senior Deputy Manager – Community Housing & Therapy, London

March 2009 – January 2010

Individual and group psychotherapy for clients with severe mental health difficulties and ex-military personnel. Individual and group staff supervision and training.

Deputy Manager – Community Housing & Therapy, London

July 2007 – March 2009

Therapeutic community work and staff management for residents with complex mental health needs.

Therapist – Community Housing & Therapy, London

November 2006 – July 2007

Individual and group psychotherapy within a therapeutic community setting.

Apprentice Therapist – Community Housing & Therapy, London

November 2005 – November 2006

Individual and group psychotherapy within a therapeutic community setting.

Alcohol Counsellor – Bexley and Greenwich Resource for Alcohol (BAGRA), Kent

November 2004 – May 2006

Counselling clients dealing with alcohol issues in a community-based resource service.

Clinical Psychologist in Training – Organisation against Drug Abuse, Thessaloniki, Greece

November 2001 – December 2002

Psychosocial work with clients dealing with addictions. Action Research into the application of psychosocial interventions in secondary schools.

Personal Growth Group Facilitator – Anadysis Institute, Thessaloniki, Greece

March 2000 – July 2002

Facilitation of weekly psychotherapeutic groups with a humanistic psychology orientation.

EDUCATION

City St George's, University of London

PhD Candidate, Psychology, 2023 – present

Upgrade from MPhil to PhD passed February 2026. Supervised by Professor Carla Willig and Professor Beatriz Calvo-Merino. Research employing Interpretative Phenomenological Analysis and Autoethnography within a pluralistic qualitative methodology.

Imago International Training Institute

Certificate, Imago Relationship Therapy, 2017 – 2019

Full clinical training in Imago Relationship Therapy.

Metanoia Institute (Middlesex University)

MSc, Contemporary Person-Centred Psychotherapy and Applications, 2006 – 2013

180 ECTS credits. Heuristic research methodology for MSc dissertation.

Metanoia Institute

Certificate, Person-Centred Supervision, 2010

Postgraduate course facilitated by Mike Worrall and Dagmar Edwards.

Centre for Non Directive Psychotherapy and Research

Diploma, Non-Directive Interventive Psychotherapy and Group Facilitation, 2000 – 2007

Postgraduate training facilitated by Professor Michel Lobrot and colleagues.

Aristotle University of Thessaloniki

MSc, Social Clinical Psychology of Addictions, 2000 – 2004

Four-year professional clinical training programme with a humanistic psychology orientation. Included 2,500 hours of supervised clinical placements over two years. Action Research methodology for MSc thesis.

Aristotle University of Thessaloniki

BSc (Hons), Psychology, 1995 – 2000

Four-year programme. Grade: Very Good (7.06/10). Included compulsory clinical placements (Internship I and II) in psychiatric hospitals and mental health centres.

PUBLICATIONS, GRANTS & ACADEMIC ACTIVITY

Publications

Anthopoulos, S. (2025). The psychotherapeutic potential of tango dancing: A person-centered perspective. *Person-Centered & Experiential Psychotherapies*, 24(2), 114–129.

<https://doi.org/10.1080/14779757.2024.2402693>

Anthopoulos, S. (2026). An embodied practice of becoming: An interpretative phenomenological analysis of the psychotherapeutic potential of Argentine tango from a person-centered perspective. *Person-Centered & Experiential Psychotherapies*. Advance online publication.

<https://doi.org/10.1080/14779757.2026.2699879>

Anthopoulos, S. (manuscript under review, submitted July 2026). Argentine tango as a practice of embodied healing from complex developmental trauma: A person-centred perspective. *Person-Centered & Experiential Psychotherapies*.

Grants & Awards

PCE World General Student Research Grant (2026), awarded to support the third study of the doctoral project: *Transgenerational Trauma and Embodied Healing: A Person-Centred Perspective*.

Conference Presentations

European Conference of Qualitative Inquiry, Edinburgh (2025)

City St George's University Research Showcase (2024)

Peer Review

Person-Centered and Experiential Psychotherapies (two papers reviewed).