

# Tsakiri Despoina

## Personal Information

Day of Birth: 8th October, 1976

Marital Status: Single

Address: 50 Moudrou str, Aegaleo, Athens , Zip Code: 12241

Contact Information: Mobile 6932737078, e-mail: despoinatsakiri@yahoo.com, facebook: ΠΑΡΟΧΗ ΜΑΙΕΥΤΙΚΗΣ ΦΡΟΝΤΙΔΑΣ ΣΤΟ ΣΠΙΤΙ (Greek).



## Academic Studies & Qualifications

- September 2017: I recertified as an IBCLC (until 2022) "International Board Certified Lactation Consultant".
- July 11-12/2016: "Introduction to Protection Training", International Medical Corps & "Diotima" (Research & Studies on Women's Issues Centre) in Athens, Greece.
- April 2016: Birthlight Prenatal Yoga Diploma ([www.birthlight.co.uk/teacher/despoina-tsakiri](http://www.birthlight.co.uk/teacher/despoina-tsakiri)), Level 1.
- November 2015: Post Graduate Diploma "Cardiotocography: Fetal Monitoring of mother & fetus, during pregnancy and birth". Technological Educational Institute of Athens, Midwifery Department in collaboration with The General Secretariat for Lifelong Learning.
- September 2014-July 2015: Post Graduate Diploma "Promotion of the Mental & Emotional Health of the Mother & Child, during Pregnancy/ the Perinatal/ the Neonatal period". National School of Public Health (Department of Child Care), in collaboration with The Hellenic Society for Infant Mental Health, affiliated to WAIMH.
- 2013-2014: Diploma in Open Sea Sailing (Skipper), from "Chimaera" Yachting School, Volos.
- 2014: Certificate in "Basic Life Support & CPR for Children, under the auspices of the Greek Nurses Association & "EPIZW" (First Aid Classes).
- July 2012: I became an IBCLC (International Board Certified Lactation Consultant).
- July-September 2009: I received my Diploma as an "Ashtanga Yoga Instructor". Triopetra Yoga Retreat, Crete-Greece.
- 1999-2003: Technological Educational Institute of Athens, Midwifery Department. Bachelor's Degree in Midwifery, Grade 8,4/10. Dissertation: "The Psychological Development of the Child during the first year of life", Grade 10/10.
- 1998-1999: "Introductory Methods Course", in Teaching English as a Foreign Language, Grade A. CELT Athens (Centre for English Language Training). Dissertation: "Lesson Planning, Development & Evaluation of Teaching Materials", Grade A-.

- 1995-1997: Diploma in "Laboratory Chemistry", IIEK SVIE (Private Educational Centre). Grade 20/20.

- 1994: I graduated from the Unified Polycladic Lyceum of Aegaleo. Grade 18.4/20.

### **Languages**

- 1998: Certificate of Proficiency in English, University of Cambridge, Grade A.

- 1993: DELF 1,2 (Diplôme d'études en langue française).

### **Professional Experience**

- July – September 2018: Scientific co-operative for midwifery subjects, on ALPHATV "AlphaPantou" TV informative show.  
<http://www.alphatv.gr/shows/informative/alphapantou/webtv/010818>

- 2005-2018: I have been working as an Independent Midwife, helping mothers deliver their babies at the hospital, the maternity clinic or at home. I work as a freelance midwife at Iaso, Mitera, Gaia, Lito & Rea Maternity Clinics in Athens. I have also worked at Iaso & Ygeia Maternity Clinics in Larisa, and at Bioclinic Maternity Clinic in Thessaloniki.

- 2012-2018: Home visits as an IBCLC (in Athens, Korinthos & Thessaly), in order to help new mothers with breastfeeding establishment & breastfeeding or milk-pumping problems. These visits also include baby-care lessons and emotional support for the new mother.

- 2012-2018: Birth Preparation Groups for new parents, First Aid Classes, Breastfeeding Workshops and "Introduction to solid foods" seminars, at my office and other venues.

- 2015-2018: Prenatal Yoga Instructor at "Leto Maternity Clinic", Athens. Prenatal Yoga Instructor at "Anahata Suddhi Yoga Studio", in Peristeri. Prenatal preparation classes for pregnant women in private sessions and tutorials.

- 2016-2017: Midwife at "Amurtel Greece for Refugee Mothers & Babies" NGO. Education, Deployment and Clinical Follow-up of pregnant refugee women. U/S Fetal Monitoring, Lactation consultation and Psychological Support.

- June-October 2016: Midwife at "Medecines du Monde" NGO. Head of Sexual & Reproductive Health Department (Location=Malakasa & Schisto Refugee Camps). Responsible for Antenatal / Postnatal Classes and follow-ups, Contraception & Hygiene Education, Gender Based Violence (GBV), and Community Networking.

- 2013-2016: Ashtanga Yoga Instructor at "Eu Zein " Yoga & Dance School, Volos, Greece.

- 2015-2016: Coordinator of Group Therapy Sessions for Pregnancy, Birth & the Post-Partum Period, in collaboration with Psychotherapist/Psychologist Ms Maroula Kandyli, in the city of Volos. Psychoprophylaxis & Parenting preparation classes.

- 2014-2016: Preparation Classes for new parents at "Mom & Baby Care" Centre, in the city of Volos. Prenatal Yoga Classes, Breastfeeding Seminars, Birth Preparation Groups.

- 2012-2013: Breastfeeding Lactation Consultant at "Konstantinopoulos Maternity Clinic", in the city of Volos.
- 2012: Midwife at "Emmeleia Maternity Centre", in the City of Thessaloniki. Prenatal Yoga Classes. Birth Preparation Groups.
- 2006-2011: Midwife at EDOEAP (Organization of Health Insurance and Medical Care for Journalists). Health Care for the Post-Partum period, breastfeeding and baby-care education, emotional support for new mothers.
- 2004-2006: Associate Midwife of Mr Kaliantzis Panagiotis, OBGYN, "Mitera Maternity Clinic". Birth Preparation Classes at his Surgery.
- 2003: Six- month apprenticeship as a Midwife, at "Aretaieion Maternity Hospital", Athens.
- 1998-2011: English Language Teacher. Private lessons at home and English Teacher at "So Easy Schools Of Languages" in Ilion, and "Christopoulos School of Languages" in Aegaleo. Examinations Preparation and Teaching Adult Classes.
- 1999-2001: Secretary at a Psychiatric Surgery (Mr Pantelis Stathis, Neurologist / Psychiatrist). Translation work and secretarial work for the Doctor.
- 1997-1998: Assistant Chemist at an Oenological Laboratory/Distillery.

### **Seminars**

- I have attended a plethora of Seminars and Conventions on various subjects, mainly regarding Breastfeeding (since attending breastfeeding seminars is a prerequisite for our re-accreditation as IBCLCs), Midwifery & Obstetrics, as well as Mental Health. Certificates and Diplomas of Attendance of the above mentioned seminars shall be provided upon request.

### **Conference Papers**

- 25/11/2017: I presented my paper, titled: "The effects of obstetric interventions onto breastfeeding initiation", at the 12th Seminar for GAIA Maternity Clinic Midwives, within the frameworks of "Modern Midwifery Issues" education of the Faculty. GAIA Maternity Clinic, Athens, Greece.
- 23/9/2017: I presented my paper, titled: "Benefits of Prenatal Yoga", at the Celebratory Convention of Leto Maternity Hospital regarding "Water Birth".
- 13/5/2017: I presented my paper, titled: "Prevention of Pelvic Floor & Perineum Lacerations during Birth", at the 11<sup>th</sup> Seminar for GAIA Maternity Clinic Midwives, within the frameworks of "Modern Midwifery Issues" education of the Faculty. GAIA Maternity Clinic, Athens, Greece.

- 20/4/2017: I presented my paper, titled : "Prenatal Yoga: How Yoga helps with positioning of the foetus", at the Post-Educational Seminar regarding Perinatal Midwifery Care, of the Greek Society of Psychoprophylaxis, held at the Aegean Midwifery College, in Athens, Greece. Michel Odent was also one of the guest-speakers.
- 23-27/1/2017: I presented my paper, titled: "Psychology of the Breastfeeding Woman ", at the 10<sup>th</sup> Breastfeeding Post-Educational Seminar, organized by the Greek Society of Midwives, held at the Aegean Midwifery College, in Athens, Greece.
- 1/11/2015: I presented my paper, titled: "Midwifery Care for the Infertile Couple", at a Convention regarding the "Developmental Research for Infertility- an Interdisciplinary Case", held in Tsalapata Museum in Volos, Greece.
- 28-31/5/2015: I presented my paper, titled: "The Effect of Obstetric Interventions on the Establishment of Breastfeeding", at the 13th National Convention of Obstetrics & Gynaecology, held at The Conventional Centre of Volos, Greece.
- 18-21/9/2014: I chaired the meeting titled: "Alternative Methods of Pain Relief during Labor", at the 13th National Convention of Midwives/Evidence Based Midwifery, under the auspices of the International Confederation of Midwives, in Nafplion, Greece.
- 5-8/10/2012: I presented my paper, titled: "Breastfeeding: A matter of Correct Latch-on", at the 4th National Convention of EFYKE (Scientific Association for Healthcare Education), which received the Award for Best Paper of the Convention. Sporades, Greece.
- 28/2/2012: I presented my paper, titled: "Birth is not something new!" which addressed the issues of Active Birth, Skin-to-skin Contact and Breastfeeding, at an "Alternative Healthcare Convention", at Xenia Hotel, Volos, Greece.

### **Volunteer Work**

- 2012-2018: Contributor at "Mitrikosthilasmos.com", a non-profit internet page, addressed to new mothers who are met with breastfeeding problems. Viewers submit their questions, and IBCLCs (including myself) answer electronically, free of charge.
- 2016: Volunteer at the Port of Piraeus, contributing to the refugees' crisis.
- 2011-2014: "La Leche League" meetings in Volos. Volunteer work as an IBCLC, helping mothers with breastfeeding education & problems.
- 2008-2016: Volunteer at "Make a Wish" , Greece, as a member of the "Wish Team". "Make a Wish" is an International Organization which grants children with terminal or life-threatening diseases, a wish, in collaboration with the doctors who treat them.
- 2004: Volunteer at the Olympic Games of Athens, as a Route Navigator, escorting athletes to their venues, and orienting them within the premises of the Olympic Village.

### **Other Information**

- 2012: I published my first Poetry Collection, titled "Affection" , (Alpha-Omega Publishing).
- 2008-2012: Photography and History of Art Seminars, at the Cultural Centre of Aegaleo City. Member of the Volos Photography Club. Pottery & Ballroom Dancing lessons at "Diavlos Cultural Centre", Volos. Cinematography & History of the 7th Art, at the Cultural Centre Of Korydallos City.
- 2001: IKY Scholarship (financial award), for the highest grades during my first year of studies at the Technological Educational Institute of Athens, Midwifery Department.
- 1993: School scholarship of Excellence, for students who performed excellently in French Studies. As a result, we were granted participation in a European Community Program (Da Vinci), which allowed us to stay in France for two months and practice our French.

### **References**

- Mr Apostolopoulos Nikos, Consultant OBGYN (CCT /MRCOG /MSc: Master in Science in Advanced Gynaecological Endoscopy / BSCCP /DFFP. "Eleitho Obstetric Centre" owner, tel: 6972210849.
- Mr Kanellopoulos Vasilis, Consultant OBGYN , and Fetal Medicine Specialist at IASO & REA Maternity Hospitals, tel: 6946913370.
- Mr Xintipas Elias, OBGYN, Scientific Director at GAIA Maternity Clinic, tel: 6944750744.
- Mr Papadopoulos Leonidas, OBGYN, Chief Executive of "Ygeia" & "Leto" Maternity Clinics, Specialized in Water Birth, tel: 6944546128.
- Ms Malfa Poppy, President of the Greek Association of Psychoprophylaxis, tel: 6944601730
- Ms Maroula Kandyli, Psychotherapist/Psychologist, tel: 6937207732.
- Mr Charitos Georgios, Paediatrician, tel: 6938160110.
- Mr Konstantinopoulos Tasos, OBGYN, Owner of "Konstantinopoulos Maternity Clinic in Volos, tel:6944311660.
- Ms Avramidou Irene, Independent Midwife, Specialized in home births, Member of IBFAN, Owner of "Midwives" Perinatal Care Centre, tel: 6942613197.
- Ms Georgakoula Katerina, Independent Midwife and Owner of "IROIS" Maternity Centre, tel:6970678817.
- Ms Papaki Ioanna, Head of the Greek Council of " Doctors without Borders", tel: 6945388103.

- Ms Celia Varela, Medecins Du Monde Technical Support Coordinator/ Midwife, tel: 6948092959.
- Ms Tsapi Evangelia, OBGYN, tel: 24210 22433, 6972081836.
- Ms Panani Permanthia, (Former President of the Athens Midwives Association) , tel: 210 23829933.
- Ms Gourounti Claire, Professor at the Technological Educational Institute of Athens, Midwifery Department, tel: 6937673814.
- Mr Kaliantzis Panagiotis, OBGYN, IVF Specialist, tel: 210 7717726.
- Mr Varakis, Head of the Department of Healthcare at EDOEAP, tel: 210 7264700.
- Ms Chronaki Mirto, La Leche League Breastfeeding Consultant, Volos Department, tel: 24210 30758.
- Ms Tsigopoulou Agathi, "Make a Wish" Greece, tel: 210 9637667.
- Ms Konstantinides Marisa, Dip.RSA, M.A. Applied Linguistics, CELT ATHENS, tel: 210 3302406.
- Mr Metsios Konstantinos, M.A. Business Administration, Owner of "So Easy School of Languages", tel: 210 2635305.