Desislava Atanasova

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Counselling and Emotional Wellbeing

Professional profile

Counselling practitioner with a master's degree in Family Therapy and Developmental Psychology , Gestalt therapist and Family Constelator . Experience spans independent online practice, counselling platforms, organisational psychology and educational support. Areas of focus include stress, emotional wellbeing, boundaries and relationship patterns. Combines client work with practical experience of corporate workplaces, HR and employee support.

Relevant experience

Independent counselling practice

desislava.de | Online | Part-time | May 2019 – Present

- Provide individual online counselling, with a focus on emotional wellbeing, stress and relationship difficulties.
- Support clients in exploring recurring patterns, personal boundaries and ways of responding to everyday challenges.

Online counselling

Spring Health, BetterHelp and Instahelp | Part-time | Mar 2025 – Present

- Deliver individual counselling through online platforms, adapting communication and support to a remote setting.

Psychological Assistant

Albrecht School | Oberursel, Germany | 2021 – 2023

- Supported children with developmental needs through individual educational and emotional assistance.
- Worked with educators and used behavioural observations to inform day-to-day support.

Organisational Psychologist

SIZE | Sofia, Bulgaria | Dec 2018 – Jun 2019

- Developed talent development activities and facilitated workshops on communication and productivity.
- Supported managers with conflict resolution and leadership, alongside recruitment and onboarding activities.

Lecturer in Counselling Psychology

Animus Association Foundation | Sofia, Bulgaria | Jan 2010 – Sep 2011

- Delivered counselling psychology teaching and training seminars.
- Facilitated group work and provided family counselling.

Education and specialist training

Master's degree in Family Therapy and Developmental Psychology

New Bulgarian University | Sofia | 2008 – 2014

Gestalt therapy training

Bulgarian Institute for Gestalt Therapy | Sofia | 2015 – 2020

Further education in Psychology

Institute for Therapeutic Training, Peter Winzen | Frankfurt | 2021 – 2022

Postgraduate training in Clinical Psychology

Sofia University | Sofia | 2014 – 2015

Postgraduate training in Positive Psychotherapy

Institute for Positive Psychotherapy | Sofia | 2014 – 2015

Postgraduate training in Art Therapy

New Bulgarian University | Sofia | 2013 – 2014

Master of Business Administration

University of National and World Economy | Sofia | 2007 – 2008

Additional corporate and HR experience

Corporate employment has run alongside counselling practice, providing experience in employee support, confidential communication and workplace coordination.

Mental Health Champion

Bank of New York | Feb 2026 – Present

- Coordinate events and administrative activities, liaise with clients and internal teams, and handle difficult situations, requiring mediation.

Business Coordinator and Wellbeing Partner

Principal Real Estate and Asset Management | Frankfurt | Aug 2024 – Sep 2025

- Supported employee wellbeing initiatives, onboarding and internal events alongside office operations.

Earlier corporate roles

Office Manager — Ray Sono, Frankfurt | Sep 2023 – Jul 2024
Office Manager and HR Generalist — Innotec International, Sofia | Jul 2019 – Dec 2020
HR Manager — Bulpros Consulting AD, Sofia | Jun 2017 – Dec 2018
Office Manager — Bulspedtrade Ltd., Sofia | Jan 2002 – Jun 2017

Languages and digital working

Bulgarian | English C2 | German C1|Spanish A2
Online counselling platforms | Microsoft Teams | Word | Excel | PowerPoint | Outlook