

Angelos Sofocleous

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POSTDOCTORAL RESEARCH

2025–2028 **Postdoctoral Research Fellow (Remote), National and Kapodistrian University of Athens**
Project title: On the Phenomenology of Grief
Supervisor: Dr Fotini Vassiliou

EDUCATION

2019–2024 **PhD in Philosophy, University of York**
Thesis title: A Phenomenological Study of Interpersonal Relationships in Experiences of Depression
Supervisors: Prof Keith Allen, Prof Matthew Ratcliffe

2018–2019 **MA in Philosophy, University of Durham**

2015–2018 **BA in Philosophy and Psychology, University of Durham**

PUBLICATIONS

Published

1. Sofocleous, A. (2023). Depression and mindfulness: Reclaiming the past, present, and future. *Journal of Humanistic Psychology*, 65(2), 328-350. <https://doi.org/10.1177/00221678231197870>
2. Sofocleous, A. (2025). Major depressive disorder: From accurate diagnosis to effective treatment. *Journal of Humanistic Psychology*. <https://doi.org/10.1177/00221678251385600>

In Press

3. Sofocleous, A. (in press). Experiences of depression as being 'differently attuned' to the world. In F. Brencio & F. Greco (Eds.), *Heidegger and Neuroscience: Ontology, Medicine and Psychoanalysis in Dialogue*. Routledge.
4. Sofocleous, A. (in press). Νικαγόρας ο Κύπριος (Nicagoras of Cyprus). *Annual Review of the Cyprus Research Centre of the Cyprus Ministry of Education, Sport and Youth*, volume XL.
5. Sofocleous, A. (in press). Understanding metaphors of depression in the work of David Foster Wallace. In J. McCurry (Ed.), *Palgrave Handbook of Phenomenology and Literature*. Palgrave Macmillan.

Under Review

6. Sofocleous, A. The experience of depression as an unhomelike being-in-the-world. Manuscript submitted for publication to *Phenomenology and the Cognitive Sciences*.

SUPERVISION, TEACHING & MARKING EXPERIENCE

Thesis Supervisor

2026–present Mrs Dora Charalambous, Doctoral Candidate, DPsyCh Counselling Psychology and Psychotherapy
Department of Psychology, Metanoia Institute / Middlesex University
Doctoral thesis: *Experiences of ketamine therapy in Cypriot clients with treatment-resistant depression: An Interpretative Phenomenological Analysis*.

Special Teaching Staff – Department of Business and Public Administration, University of Cyprus

2026–present Cross-Cultural Management

Adjunct Lecturer – Department of Education, University of Nicosia

2024–present Ethics

Freelance Philosophy Tutor

2019–present A-Level, IB and University Philosophy Tutor – MyTutor, Spires, The Profs

Independent Philosophy courses (past: Tutor in Philosophy – Centre for Lifelong Learning, University of York)

2026 Philosophy of Religion

2025 Ethics
Existentialism*
Nietzsche*

2024 A Beginner's Guide to Philosophy*
Ancient Greek Philosophy*
Current Issues in Philosophy*

2023 Stoicism*

2022 Existentialism and the Philosophy of Jean-Paul Sartre*

2021 Introduction to Philosophy*

**I offered these courses as a Philosophy Tutor for the University of York's Centre for Lifelong Learning. After the Centre's closure in June 2025, I continued offering courses online as an independent tutor.*

Graduate Teaching Assistant – School of Philosophy, Religion and History of Science, University of Leeds
2023, 2025 The Mind

Graduate Teaching Assistant – Department of Philosophy, University of York

2023 Knowledge & Perception
2022 Early Modern Philosophy
2021–2023 Ancient Greek Philosophy
 Beginning Philosophy
2021–2022 Ethics
2020–2021 Reason & Argument

SCHOLARSHIP, AWARDS, AND RECOGNITION

Research

2026 **DIAS Visiting Junior Researcher in Applied Phenomenology**
 Department of Psychology – University of Southern Denmark, Odense

2024 **Centre for Modern Studies Small Project Grant (£438.08) – Humanities Research Centre, University of York**
 Research project title: Return to the Things Themselves: Photography and Phenomenology Workshop

2023 **Sustainable Research Doctoral Scholar Certificate, European Doctoral Summer School (Online)**
 (Link: <https://bit.ly/3PSEYpY>)

2023 **First Place, University of York Three Minute Thesis competition**

2022 **Finalist, University of York Three Minute Thesis competition**

2022 **Associate Fellow of the Higher Education Academy (AFHEA)**

2019 **Conference Award for Best Presentation (£100)**
 Dynamics of Languages in Society Student Conference, University of Durham

Teaching

2021–2023 **Graduate Teaching Scholarship [£10,500 stipend/year plus tuition fee waiver (£4,500/year)]**
 Department of Philosophy, University of York

2021 **University of York Vice-Chancellor's Teaching Award**

2021 **Nominated for 'GTA of the Year' and 'Teacher of the Year' at the University of York Students' Union Excellence Awards**

CONFERENCES & TALKS

2026 October **Grief: What's in a Metaphor?**
 3rd International Conference of the European Association of Phenomenology, Psychopathology and Psychotherapy (Athens, Greece)

2025 December **A phenomenological approach to the lived experience of depression**
 Zinonion Open University (Larnaca, Cyprus)

2025 November **Ancient Cypriot Philosophers**
 Ierokipion Open University (Paphos, Cyprus)

2025 November **A phenomenological approach to the lived experience of depression**
 MA Philosophy Colloquium talk series, Department of History and Philosophy of Science, NKUA (Athens, Greece)

2025 June **The Limit Problem of the Instinctive Person (Commentary on manuscript by Dr Noam Cohen, Yale University)**
 54th Husserl Circle meeting (Athens, Greece)

2025 May **The Uncanny Divide: Homelike and Unhomelike Experiences across Cyprus' Green Line**
 "Beyond..." Art & Philosophy Symposium (Nicosia, Cyprus)

2025 April **On a phenomenological approach to the lived experience of depression**
 MA Philosophy Colloquium talk series, Department of Philosophy, NKUA (Athens, Greece)

2025 February **Phenomenology of Depression**
 MA Philosophy Colloquium talk series, University of Patras (Patra, Greece)

2024 November **Heidegger on Kant's subject-world relation**
 300 years of Immanuel Kant – Panteion University (Athens, Greece)

2024 May **Disruptions in empathy in experiences of depression**
 8th International Transdisciplinary Symposium "Bioethics and Aporia of Psyche" (Zagreb, Croatia)

2024 February **The notion of the uncanny and intersubjective disruptions in experiences of depression**
 "Familiarity and Trust as Basic Elements of an Intersubjective Anthropology" talk series
 Phenomenology and Mental Health Network (Online)

2024 February **Disruptions in interpersonal relationships in depression**
 Centre for Philosophy, Belgrade Institute of Social Sciences (Online)

2023 June **The Hidden Side of Depression: What's in a Metaphor?**
 Arts & Humanities mental health research showcase (York, UK)

2023 June **Mood and attunement in Heidegger: Depression as 'detunement'**
 Philosophy of Psychiatry Work-in-Progress workshop (Lancaster, UK)

2023 April	'Being on the Inside Looking Out': (Mis)understanding Depression The Social Roots of Mental Disorders project Philosophy & Psychiatry talk series (Online)
2023 April	'Being on the Inside Looking Out': (Mis)understanding Depression Department of Philosophy PGR Work-in-Progress meeting (York, UK)
2022 September	Interpersonal Relationships in Depression: The Depressed Individual as a Spectator British Society for Phenomenology Annual Conference (Exeter, UK)
2022 June	Depression and Mindfulness: Reclaiming the future and one's belongingness in the world Phenomenology and Mindfulness Conference, University of Cyprus (Nicosia, Cyprus)
2022 May	Mood and attunement in Heidegger: Depression as 'detunement' What's New? The Future of Phenomenological Psychopathology: A Work-in-Progress Day for Early-Career Researchers (Online)
2022 April	Mood and attunement in Heidegger: Depression as 'detunement' Heidegger and Neuroscience Conference (Online)
2022 April	The Depressed Individual as a Spectator Philosophy Graduate Community of the National University of Ireland, Annual Graduate Conference (Online)
2022 April	The Depressed Individual as a Spectator [Invited] 36th Congress of the European Federation of Psychology Students Associations (Limassol, Cyprus)
2022 February	The Depressed Individual as a Spectator Converge Evaluation & Research Team. York St John University (Online)
2021 October	Interpersonal Relationships in Depression: The Individual as a Spectator Department of Philosophy PGR Work-in-Progress meeting (York, UK)
2021 September	Interpersonal Relationships in Depression: The Individual as a Spectator 4th International Congress of Philosophy of the Portuguese Society of Philosophy (Online)
2021 August	Interpersonal Relationships in Depression: The Individual as a Spectator Summer School 2021 in Phenomenology and Philosophy of Mind (Copenhagen, Denmark)
2021 February	Interpersonal Relationships in Depression University of York Philosophy Society guest speaker (Online)
2021 January	The structure of interpersonal relationships in experiences of depression Department of Philosophy PGR Work-in-Progress meeting (York, UK)
2020 November	Scruton's aesthetics and functionalism: The distinction between function-as-it-is and function-as-it-appears FILARCH 2020 Philosophy and Architecture Conference (Online)
2019 December	Imagining the Future of Physical, Psychological, and Philosophical Health Workshop, UNESCO Global Futures Literacy Design Forum (Paris, France)
2019 December	The structure of interpersonal relationships in experiences of depression Department of Philosophy PGR Work-in-Progress meeting (York, UK)
2019 October	Phenomenology of depression: the depressed individual as a spectator 21st Annual Conference of the International Network of Philosophy and Psychiatry (Warsaw, Poland)
2019 April	On the impossibility of miracles as violations of the laws of nature: the System approach 3rd Undergraduate Philosophy Conference (Athens, Greece)
2019 March	On the impossibility of miracles as violations of the laws of nature: the System approach Eidos, Philosophy Department Postgraduate Research Group (Durham, UK)
2019 February	The Cypriot dialect as a facilitator for peace between the Greek-Cypriot and Turkish-Cypriot communities Dynamics of Languages in Society Student Conference (Durham, UK)
2019 February	On the impossibility of miracles as violations of the laws of nature: the System approach Ustinov College Research Round Table (Durham, UK)
2018 October	On Hans-Georg Gadamer's prejudice of 'prejudice against prejudice' Eidos, Philosophy Department Postgraduate Research Group (Durham, UK)
2018 June	On Hans-Georg Gadamer's prejudice of 'prejudice against prejudice' Philosophy Society Undergraduate Philosophy Conference (Durham, UK)
2018 March	On the (non-)necessity of origin thesis 1st Lugano Undergraduate Philosophy Conference (Lugano, Switzerland)
2017 July	Assessing the weapon-focus effect through relating number of correct answers and fear score on weapon-absent and weapon-present conditions 15th European Congress of Psychology (Amsterdam, The Netherlands)
2017 April	On the (non-)necessity of origin thesis Josephine Butler Research Forum (Durham, UK)
2016 September	Assessing the Stroop effect by timing reading words and naming colours, and comparing these to Klein's graded interference effect Cyprus Psychological Association's Student Conference (Nicosia, Cyprus)

PROFESSIONAL SERVICE

Editorial position

2024 April – present **Section Editor at Open Philosophy (De Gruyter)**
Sections: Philosophy of Medicine, Philosophy of Mind, Phenomenology and Existentialism

Research project manager

2023 September – 2024 January **Department of Philosophy, University of York**
Responsible for undertaking the research project "AI and Philosophy": conducted research and produced a report titled "Report on the use of Generative Artificial Intelligence (Gen-AI) in Student Assessments".

Peer manuscript reviewer

Frontiers in Psychology, Journal of Humanistic Psychology, Phenomenology and the Cognitive Sciences.

Lead Conference Assistant

2023 July **In Celebration of Peter Lamarque conference, University of York**
Co-organised by the Department of Philosophy, University of York and the British Society of Aesthetics

Student Representation

2019–2022 **Postgraduate Research Students Representative**
Department of Philosophy, University of York

2017–2018 **Third-Year Philosophy Students Representative**
Department of Philosophy, University of Durham

Professional Memberships

British Society for Phenomenology, European Association of Phenomenology, Psychopathology and Psychotherapy

REFERENCES

Prof Keith Allen (PhD Thesis supervisor)

Head of Department and Professor of Philosophy, Department of Philosophy, University of York
keith.allen@york.ac.uk

Dr Louise Richardson (PhD Viva Internal Examiner)

Senior Lecturer in Philosophy, Department of Philosophy, University of York
louise.richardson@york.ac.uk

Dr Lea Salje ('The Mind' module leader)

Associate Professor, School of Philosophy, Religion and History of Science, University of Leeds
l.c.salje@leeds.ac.uk

Prof Matthew Ratcliffe (PhD Thesis supervisor)

Professor of Philosophy, Department of Philosophy, University of York
matthew.ratcliffe@york.ac.uk

Dr Lucy Osler (PhD Viva External Examiner)

Lecturer in Philosophy, Department of Social & Political Sciences, Philosophy, and Anthropology, University of Exeter
L.Osler@exeter.ac.uk