Doctor Sofia Mpouchlariotou studied medicine in the medical school of the university of Ioannina in Greece, and graduated in the year 2000.

She started her thesis for a philosophy degree in the university of Thessaly and graduated after completing her PhD in the year 2008, with a subject related to the effects of melatonin on preeclampsia.

Her specialty training in the field of obstetrics and gynecology was completed, in the university hospital of Alexandroupolis in Greece in the year 2009, with her major focus of work within the practice of in vitro fertilization and assisted reproductive procedures.

She continued her further specialist education and training in Germany, where she took over an Obstetrics and Gynecology specialist position in the Hospital of St.Clemens Hospital Sterkrade in Oberhausen in the year 2009. From this post she was able to focus her activities in the operating field regarding endoscopic surgery and minimal invasive procedures.

Her further training was established as a specialist for Obstetrics and Gynecology in the clinic for assisted reproduction and gynecologic endocrinology, in the university hospital in Aachen Germany. Thereafter and in the year 2013 she completed her training in the field of assisted human reproduction and gynecologic endocrinology and she received the title of specialist, after completing her state exams in the city of Düsseldorf in Germany.

In the meantime she was elected as an assistant professor for Obstetrics and Gynecology in the University in the city of Alexandroupolis in Greece in the year 2012.

After returning to Greece in the year 2013 she became a general member of the assisted human reproduction unit "Assisting Nature".